

# TIF IMPACT - SELBY TRUST

## Jonathan, Senior Coach Big Time Basketball, HBA

Big time basketball is using basketball to empower the community and using it as a tool to captivate and engage with the young people through basketball.

The TIF funding via the Selby Trust allows us to increase the number of sessions we can offer in both online and face-to-face. There has been a lot of enthusiasm in the online sessions and the face-to-face sessions at Selby Centre.



Through COVID-19 and the damage this has done, it has been useful for young people whose normal routine has been ruined to have regular classes and sessions they can go to.

Importantly, young people are taking time away from the social pressures that have been caused by COVID-19 as we are providing them with an opportunity through the sport. For us coaches, it's great as the coach had clubs to go to and meet, socialise and have a routine we could focus around.

Online we offered drills that you can do at home and focusing on skills such as ball handling and workouts with the balls, and fitness using the basketball, being mindful of the spaces at home to keep people engaged, bouncing, hand and eye co-ordination with basketball and the fundamentals of the sports in order to play basketball as a great base for fitness. This was suitable for those of all abilities including learners, and even emphasised on dribbling. Using basketball as for fitness.

The funding that went towards sessions was a great relief to the community in overcoming the challenges set about by covid-19 and the disparities in society. Gyms are so expensive but our classes are accessible to the lowest earners in society/community and able to focus on those who need help the most, in a different way to Food Hub that takes place at the Selby Centre.

Keeping fit, healthy and staying active is so important to keeping well and focusing on maintaining good wellbeing.

Parents appreciated the sessions for children, as it also helped the parents get back to their routine after the lockdown which strained parenting and educational resources. We also make sure the members and community have fun with the sessions.