



## TRAINING SCHEDULE 2024-25

UPDATED  
03-SEPT-2024

Basketball Training at  
Shannon Leisure  
Centre

Age Group	Year of Birth	Day & Time
Under 8 Boys & Girls	2017, 2018	SATURDAY 09:30am to 10:00am
Under 10 Boys & Girls	2015, 2016	SATURDAY 09:30am to 10:30am
Under 12 Boys	2013, 2014	FRIDAY 7pm to 8pm SUNDAY 4pm to 5pm
Under 12 Girls & U14 Girls	U12: 2013, 2014 U14: 2011, 2012	SATURDAY 10:30am to 11:30am
Under 13 Boys	2012	SUNDAY 5pm to 6pm THURSDAY 6pm to 7pm
Under 14 Boys	2011, 2012	MONDAY 6pm to 7pm THURSDAY 6pm to 7pm
Under 16 Boys	2009, 2010	FRIDAY 6pm to 7pm TUESDAY 7pm to 8pm
Under 16 & 18 Girls	U16: 2009, 2010, U18: 2008, 2007	SATURDAY 11.30AM to 12.30pm THURSDAY: 5pm-6pm
Under 18 Boys	U18: 2008, 2007	MONDAY 8pm-9.30pm
Women's Socia-BALL	2007 or earlier	THURSDAY 8pm to 9pm
Men's Senior Team	2007 or earlier	NL & D1: TUESDAY 8pm to 9:30pm D2: WEDNESDAY 8pm to 9:30pm NL & D1: SATURDAY: 3pm-6pm

Please Note:

Players must be registered with Basketball Ireland – this is an insurance requirement.

You can register online:

[www.shannonjets.com](http://www.shannonjets.com)

Please complete registration now. If you are not registered in advance, you cannot participate.

Our coaches will \*not\* be in a position to help with registration.

In addition to the small fee charged by Basketball Ireland during registration, club membership fees are due.

These fees cover hall rental and league costs.

Details of fees will be advised on [ClubZap](#) for each age.



shannonjetsbasketballclub@gmail.com

# Registration



Shannon Jets is affiliated to the Clare Area Basketball Board, which in turn is a member of Basketball Ireland (BI). BI is the governing body for the sport in this country.

BI rules state that all players must be registered with BI in order to compete in local or national competitions. This registration is done online, through the club website.

If a player has previously registered through a different club, then they will require a transfer in order to register with Shannon Jets. There are restrictions around how many transfers are allowed between clubs in a single season, and also around how frequently a player can change clubs. Basketball Ireland does not allow transfers below age 14, save for exceptional circumstances (e.g. a family moving home).

In addition, Shannon Jets requires that **all players must be insured** in order to attend training sessions or to play matches for the club. Basketball Ireland registration comes with a player injury insurance policy. So, all players must first complete BI registration before attending a training session. If they are not registered, then they are not insured against injury and cannot participate.

Depending on a player's age, there may be a small fee for BI registration. This is paid online during the registration process, directly to Basketball Ireland. BI registration fees are as follows:

- Player age 9 or below on 1<sup>st</sup> Jan in current season: no charge
- Player age 10-12: €5
- Player age 13-17: €15
- Senior player: €26

**Note the registration year runs from August through July, but the playing season generally runs September through March.**

# Membership Fees



Shannon Jets provides high quality training with qualified coaches who have completed Basketball Ireland training courses.

All of our volunteer coaches and team managers are Garda vetted and have completed Sport Ireland Safeguarding courses.

There are many costs associated with the running of the club – training of coaches, league entry fees, referee fees, equipment costs and, most significantly, training hall rental fees. As basketball is mostly an indoor sport, played in winter, hall rental costs come to many thousands of Euro every season.

To cover these costs, we apply an annual membership sub to all players. The only exception is the children of our coaches, who play for free as a small “thank you” to their families for the time they give.

Membership fees start at €30 per season for our youngest players, rising to €300 for our senior men’s teams.

The increases in price as players rise through the age groups are due to increased costs for more training hours and more matches being played. Please see the individual pages for each age group for specific details of fees and how to pay.

# Under 8 / 2024-25

Born 2017 & 2018



Our U8 boys and girls group is aimed at beginners to the sport, starting from age six.

The age cut-off date is the 1<sup>st</sup> of January in the current season – i.e. the child should be 7 or 6 on 1<sup>st</sup> January to qualify as Under 8. The season runs September through March.

The main focus at this age is FUN – we want to develop a love of the game and start to work on core dribbling and shooting skills. As per Basketball Ireland guidelines, we use a size 5 basketball up to Under 12.

Training is normally 30mins/week, usually on a Saturday morning. If your child has their own ball they should bring it.

Membership fees for the season are set at €30, covering all hall rental costs for the season.

## Three steps to getting started:

1

Complete online registration  
(done annually in Aug/Sep)

Register online at  
[shannonjets.com](http://shannonjets.com)

This must be done  
before attending training.

Please don't arrive at training and  
ask the coach to do it for you,  
he/she won't have time.

2

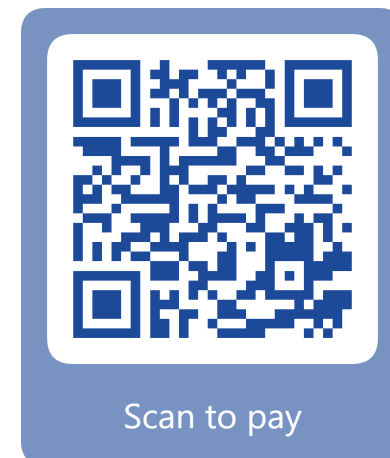
Join the ClubZap group



U08 ClubZap

3

Pay club membership fees  
(due by end September)



U08 €30

Training is at 9:30am Saturdays at Shannon Leisure Centre, for 30 minutes  
Coach: Mike Hickey

# Under 10 / 2024-25

Born 2015 & 2016



Our U10 boys and girls group have mostly started at Under-8, however beginners are welcome.

The age cut-off date is the 1<sup>st</sup> of January in the current season – i.e. the child should be 8 or 9 on 1<sup>st</sup> January to qualify as Under 10. The season runs September through March.

The main focus at this age is FUN – we want to develop a love of the game and start to work on core dribbling and shooting skills.

As per Basketball Ireland guidelines, we use a size 5 basketball up to Under 12. Training is normally one hour per week on a Sunday afternoon. If your child has their own ball they should bring it. We will also start to arrange friendly games ahead of their U12 season when they will enter the Clare League.

Membership fees for the season are set at €60, covering weekly hour-long training sessions from September through March.

## Three steps to getting started:

1

Complete online registration  
(done annually in Aug/Sep)

Register online at  
[shannonjets.com](http://shannonjets.com)

This must be done  
before attending training.

Please don't arrive at training and  
ask the coach to do it for you,  
he/she won't have time.

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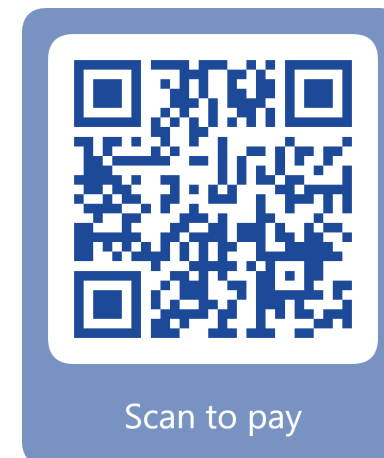
Join the ClubZap group



U10 ClubZap

3

Pay club membership fees  
(due by end September)



U10 €60

Training is at 9:30am Saturdays at Shannon Leisure Centre,  
for one hour. Coach: Mike Hickey

Questions?  
[shannonjetsbasketballclub@gmail.com](mailto:shannonjetsbasketballclub@gmail.com)

# Under 12 Boys / 2024-25

Born 2013 & 2014



Our U12 Boys compete in the Clare Area U12 League, which includes teams from all around the county.

U12 Leagues are non-competitive development leagues with one club hosting all 4-5 blitzes followed by a Finals Day each season. In 2024-25, the league will be hosted by Shannon Jets.

The main focus at Under 12 level is PLAYER DEVELOPMENT rather than winning or losing – every player will get an equal chance to play. Due to large numbers at Shannon Jets, this means that we have a lot of changes being made during games. League Rules state that a team must have a minimum of 10 players on the scoresheet, playing maximum two quarters each.

We train twice per week, for one hour each on Fridays and Sundays. If your child has their own ball, they should bring it to training. As per Basketball Ireland guidelines, we use a size 5 basketball for Under 12.

Membership fees for the season are set at €120 for U12 boys, covering hall rental and matchday costs.

## *Three steps to getting started:*

1

Complete online registration  
(done annually in Aug/Sep)

Register online at  
[shannonjets.com](http://shannonjets.com)

This must be done  
before attending training.

Please don't arrive at training and  
ask the coach to do it for you,  
he/she won't have time.

2

Join the ClubZap group



U12B ClubZap

3

Pay club membership fees  
(due by end September)



U12B €120

Training: 7pm Fridays & 4pm Sundays at Shannon Leisure Centre  
Coach: Mike Hickey

Questions?  
[shannonjetsbasketballclub@gmail.com](mailto:shannonjetsbasketballclub@gmail.com)

# Under 14 Boys / 2024-25

Born 2011 & 2012



Our U14 Boys compete in the Clare Area U14 League, which includes teams from all around the county.

At U14 level, leagues start to get more competitive. Every player will get game time, but not all players will have equal minutes.

Due to very large numbers in this age category at Shannon Jets, we will have two teams in 2024-25. League Rules state that a team must have a minimum of 10 players on the scoresheet, each playing a minimum of one quarter and maximum of three quarters.

We train twice per week, for one hour each on Mondays and Thursdays. If your child has their own ball, they should bring it to training. As per Basketball Ireland guidelines, we use a size 6 basketball for Under 14.

Membership fees for the season are set at €120 for U14 boys, covering hall rental and matchday costs.

## *Three steps to getting started:*

1

Complete online registration  
(done annually in Aug/Sep)

Register online at  
[shannonjets.com](https://shannonjets.com)

This must be done  
before attending training.

Please don't arrive at training and  
ask the coach to do it for you,  
he/she won't have time.

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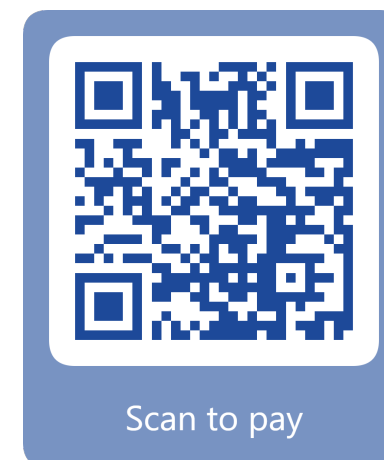
Join the ClubZap group



U14B ClubZap

3

Pay club membership fees  
(due by end September)



U14B €120

Training: 6pm Mondays & Thursdays at Shannon Leisure Centre  
Coaches: Stephen O'Neill and Wes Snyman

Questions?  
[shannonjetsbasketballclub@gmail.com](mailto:shannonjetsbasketballclub@gmail.com)

# Under 14 Girls / 2024-25

Born 2011 & 2012



Our U14 Girls compete in the Clare Area U14 League, which includes teams from all around the county.

At U14 level, leagues start to get more competitive. Every player will get game time, but not all players will have equal minutes.

League Rules state that a team must have a minimum of 10 players on the scoresheet, each playing a minimum of one quarter and maximum of three quarters.

As per Basketball Ireland guidelines, we use a size 6 basketball for Under 14.

Training is once a week, for one hour on Saturday mornings. If your child has their own ball, they should bring it to training.

Membership fees for the season are set at €120 for U14 girls, covering hall rental and matchday costs.

## *Three steps to getting started:*

1

Complete online registration  
(done annually in Aug/Sep)

Register online at  
[shannonjets.com](http://shannonjets.com)

This must be done  
before attending training.

Please don't arrive at training and  
ask the coach to do it for you,  
he/she won't have time.

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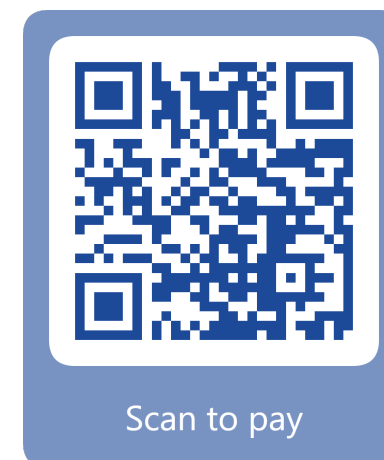
Join the ClubZap group



U14G ClubZap

3

Pay club membership fees  
(due by end September)



U14G €120

Training: 10:30am Saturdays at Shannon Leisure Centre  
Coaches: Noelle Butler & Brid Skerritt

Questions?  
[shannonjetsbasketballclub@gmail.com](mailto:shannonjetsbasketballclub@gmail.com)



# Under 16 Boys / 2024-25

Born 2009 & 2010



Our U16 Boys compete in the Clare Area U16 League, which includes teams from all around the county.

The winners of the Clare League will go forward to the All Ireland Club Championships, held in April each year.

U16 Leagues are fully competitive, with FIBA rules applying. While we strive to give playing time to each player over the season, there will be some players who play more than others.

As per Basketball Ireland guidelines, we use a size 7 basketball (adult size) for Under 16 Boys.

We train twice per week, for one hour each on Tuesdays and Fridays. If your child has their own ball, they should bring it to training. Membership fees for the season are set at €180 for U16 Boys, covering hall rental and matchday costs.

## Three steps to getting started:

1

Complete online registration  
(done annually in Aug/Sep)

Register online at  
[shannonjets.com](https://shannonjets.com)

This must be done  
before attending training.

Please don't arrive at training and  
ask the coach to do it for you,  
he/she won't have time.

2

Join the ClubZap group



Scan or tap to join

U16B ClubZap

3

Pay club membership fees  
(due by end September)



Scan to pay

U16B €180

Training: 7pm Tuesdays & 6pm Fridays at Shannon Leisure Centre  
Coaches: Tommy Walsh & Dean Flynn

Questions?  
[shannonjetsbasketballclub@gmail.com](mailto:shannonjetsbasketballclub@gmail.com)

# Under 18 Boys / 2024-25

Born 2007 & 2018



Our U18 Boys compete in the Clare Area U18 League, which includes teams from around the county.

This group is a stepping stone to our Men's Division 2 and Division 1 teams. Players may be called up to play for or train with the senior teams during the season, depending on performance.

U18 Leagues are fully competitive, with FIBA rules applying. While we strive to give playing time to each player over the season, there will be some players who play more than others.

As per Basketball Ireland guidelines, we use a size 7 basketball (adult size) for Under 18 Boys.

We train twice for 90 minutes on Mondays. If a player has his own ball, he should bring it to training.

Membership fees for the season are set at €200 for U18 Boys, covering hall rental and matchday costs.

## *Three steps to getting started:*

1

Complete online registration  
(done annually in Aug/Sep)

Register online at  
[shannonjets.com](http://shannonjets.com)

This must be done  
before attending training.

Please don't arrive at training and  
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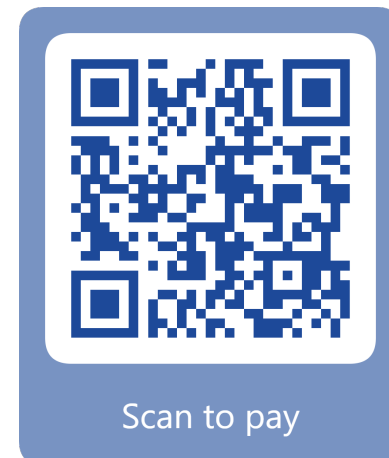
Join the ClubZap group



U18B ClubZap

3

Pay club membership fees  
(due by end September)



U18B €200

Training: 8pm Mondays at Shannon Leisure Centre  
Coach: Shaun Mullen

Questions?  
[shannonjetsbasketballclub@gmail.com](mailto:shannonjetsbasketballclub@gmail.com)

# Senior Men / 2024-25

Born 2007 or earlier



Our Senior Men's teams compete in national and local area competition.

We have a mix of experienced and academy players, from age 18 up to 40+.

New players are welcome, but please note that this programme is not aimed at beginners to the sport. This season we have a Division 1 team and a Division 2 team.

The D1 team will enter the Clare Men's League, the North Munster Men's Division 1, the national Basketball Ireland Development League, and the National Intermediate Challenge Cup. The D2 team will enter the Clare Men's League and the North Munster Men's Division 2.

The two groups will mostly train separately but will occasionally have joint sessions, and there will be a lot of interaction between the groups facilitated by our coaching team.

Our membership fee of €225 covers all hall rental costs and matchday costs for the season and is due by end-September.

## *Three steps to getting started:*

1

Complete online registration  
(done annually in Aug/Sep)

Register online at  
[shannonjets.com](http://shannonjets.com)

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before attending training.

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he/she won't have time.

2

Join the ClubZap group

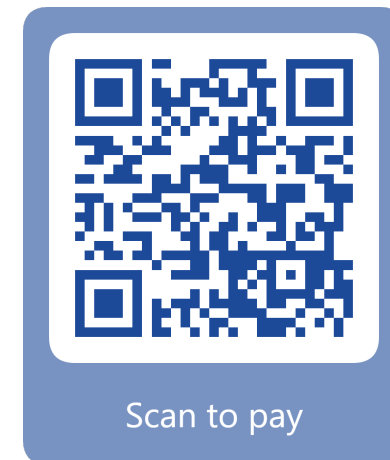


Scan or tap to join

**Snr Men ClubZap**

3

Pay club membership fees  
(due by end September)



Scan to pay

**Snr Men €225**

Training is at 8pm Tuesdays and Wednesdays at Shannon Leisure Centre

Head Coach: Nicky Kirby

Questions? [shannonjetsbasketballclub@gmail.com](mailto:shannonjetsbasketballclub@gmail.com)