



# PROVIDER PROGRAM DETAILS

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## HOOPS FOR HEALTH

### CONTACT PERSON

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### ORGANISATION OVERVIEW

A healthy lifestyle education program that uses basketball as the vehicle to convey the messaging and engage participants.

Hoops 4 Health (H4H) evolved from the identified needs and issues pertaining to the dire health of Aboriginal and Torres Strait Islander people. H4H began as a health education program that was initiated by current H4H Director, Timmy Duggan.

The H4H Program commenced in 2002 and the inaugural sessions were conducted in Tennant Creek through a grant from the Anyinginyi Congress Sport and Recreation Department.

2006 saw the implementation of the H4H Challenge concept delivered. Since then, several prominent Indigenous identities have all supported H4H as facilitators of the Challenges including Rohanee Cox – the only Indigenous female basketballer to represent Australia; Nathan Jawai – the first Indigenous person to play in the National Basketball Association; and Anthony Mundine - 3-time World Boxing Champion and official patron of H4H since 2006.

Highlights of H4H include:

- Over 10 000 youth have participated in the program
- H4H was recognised in the Bulletin Magazine's "Smart 100 in the Health and Science Category"
- Implementation of 6 H4H Challenge Events (4 in Darwin, 2 in Alice Springs)
- Continued programs conducted in Don Dale Youth Detention Centre 2015 - present
- Implementation of the Hoops 4 Health Academy in Darwin 2020

### PROGRAM DESCRIPTION

Hoops 4 Health is more than just a basketball clinic. Our programs incorporate the F's of Fundamentals, Fun and Fitness. Alongside the delivery for young people, we will also create a network of potential Hoops 4 Health Coaches who will be upskilled as programs are being run. Our programs have elements of the following:

- Coaching
- Mentoring
- Fitness components
- Engagement with Aboriginal communities



## PRODUCT OFFERING SPECIFICS

Workshops, courses

Hoops 4 Health can provide basketball and lifestyle workshops that can be tailored to suit communities. Our preferred option would be to spend at least 5 days in each community.

We will provide 2 coaches with experience in delivering basketball sessions. They will also be able to engage with communities in a respectful and culturally appropriate manner.

Our basketball sessions are about an introduction to the sport but more so our sessions have a component of health and fitness through which we engage participants in a non-confronting way.

Our previous programs have ranged from remote community visits to Central Australia, our engagement with youth in Don Dale Youth Detention Centre and our delivery of our Hoops 4 Health Academy engaging young people 10-16 in Darwin. Please check out our Hoops 4 Health Academy Sessions link here:

[https://www.youtube.com/watch?v=G7gldv\\_-gWY](https://www.youtube.com/watch?v=G7gldv_-gWY)

You can also stay up to date with recent Hoops 4 Health events and programs via our Facebook Page: Hoops 4 Health AUS

## NOTES TO PRODUCT OFFERINGS

Facilities required, other

For the basketball and fitness/ health component we will require the use of a basketball court.

## EQUIPMENT

Hoops 4 Health will provide the following:

Basketballs and bags

Whistles

D- Man Training Apparatus

Dribble Stick Training Apparatus

Dribble Goggles

Dribble Bridge

