



When do registrations close?

Registrations close on the 1st July.

When will times and locations be confirmed?

An email will be sent to all participants confirming times and locations by 5pm, 5th July.

What do I need to bring to trials?

A labelled basketball, comfy sports clothes and a water bottle.

What if I am unavailable for one of the trial dates?

That is fine, please include the dates that you are unavailable on the registration form. You will still be considered for a place in the 2024/25 season.

Do I have to pass the athletic testing to be invited to the on-court sessions?

No, the trial fee includes 3 sessions: the athletic movement and testing and two on court sessions.

What will the athletic movement and testing involve?

The testing will involve athletic movements like a vertical jump, medicine ball toss, change of direction and yo-yo and the skills testing will include shooting, ball handling and passing.

Why are you doing the athletic movement and testing?

This will help us assess players before offering positions with the Norwood Flames.

What types of positions are available with Norwood?

In addition to playing positions, we will also offer players a training partner position which will see the player take part in training each week with Norwood but not play in the weekly games. If a position or opportunity becomes available during the season, we will look to our training partners to fill it first.

How many players are you taking from trials?

We are currently asking all our players to complete their “Intent to Play” forms and based on how many players decide not to return will then dictate how many positions we have available. Last year we took 23% of external trial participants through to internal trials.

When will we know if my son/daughter has been offered a position?

Offers for positions will be sent out by the 9th August. All other participants will be informed by the 11th August.