

Brodie McWhinney #23

How long have you played for?

8 years

What teams do you play for?

Aberfeldie Jets

Keilor Thunder 16.1

VIC METRO

NITP SQUAD

Who has influenced you in basketball?

Parents: Anthony and Sharon

Coaches

Chris Gray, Justin Brown, Aaron Cliff, Jarrod Crowe, Steve Toy, Michael Czepsil, Liam Glascott

Players

Lucas Failli, Oscar Berry, Jeffery Ofoedu

Do you have any advice for young kids starting?

- Be aggressive
- Effort and Energy
- Hustle
- Teamwork
- Keep Shooting the Ball
- Put the extra hours in
- DEFENCE is the key
- Listen and respect your coaches
- Respect yourself and others: coach, players and referees

How many hours do you train a week?

12 hours a week

What is the commitment required from the family?

- Driving to and from training sessions and matches
- Encouragement on and off the court
- Reassurance to believe in himself
- Encourage him to be aggressive and to go out hard and take on every opportunity
- Recovery – massages, osteopath, hot bath with Epsom Salts, Protein meals

Why do you love basketball?

- Love to win
- Basketball gets my mind off everything
- My passion and drive
- Have a sense of belonging in a team sport
- Big opportunities and development pathways
- Love the game itself