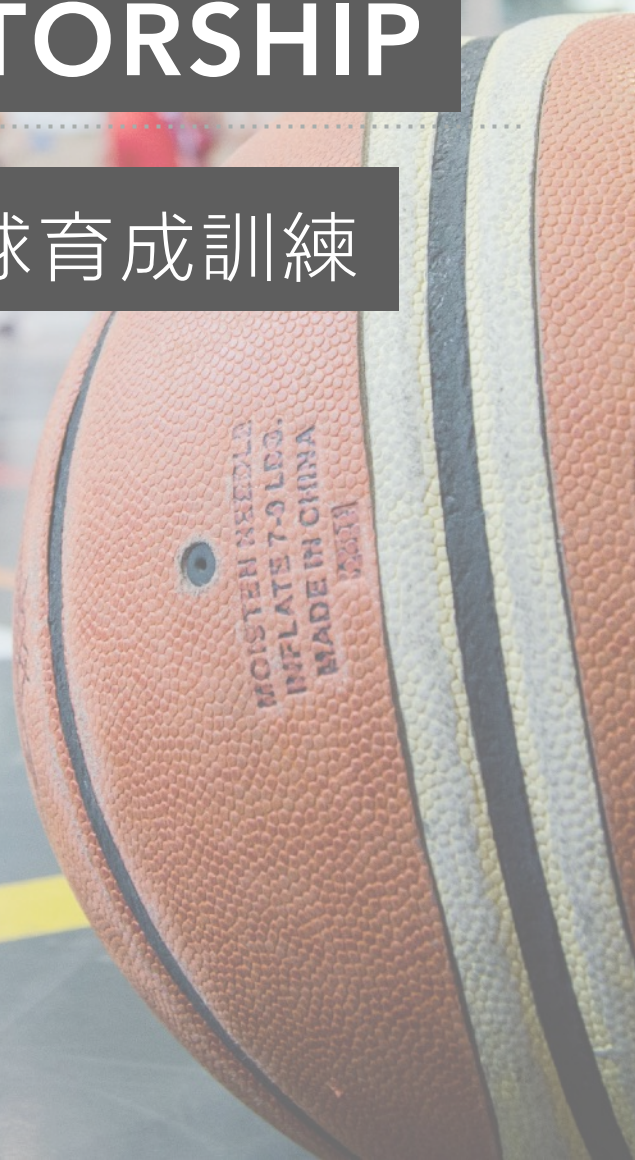


ROCK BASKETBALL MENTORSHIP

磐石籃球育成訓練



RESPECT
OPTIMISM
CHARACTER
KNOWLEDGE



Why We Started ROCK Basketball Mentorship

Our team has been working with professional teams and players for over a decade. We've earned almost all the trophies and honours in Hong Kong. And we desire to deliver more.

We assist teams and players to max out their performance. Most of our clients enjoy pretty decent basketball career. We wonder if we can extent the same successful experience to schools, organisations, NGOs, churches - not only for the varsity teams, but also the entire community.



With vigorous studies, we discovered the ultimate 4 elements for the success:

Respect - *Be respectful to everyone including yourself*

Optimism - *Be graceful & cheerful*

Character - *Be virtuous & honest*

Knowledge - *Be informed & willing to be inspired*

The uplifting through Basketball should be both fundamental and revolutionary. ROCK envisions our athletes to be successful both in the sports of Basketball and life.

Vision

ROCK Basketball Mentorship will empower students and athletes with Basketball Skills, Physique, Intelligence, Characters and Knowledge through our ROCK System - Respect, Optimism, Characters, Knowledge.

Mission

ROCK Basketball Mentorship brings forward top-notch Basketball Training, Strength Training, Knowledge Empowerment and Character Building with our very own Basketball Coaches, Experts in Sports Medicine and Science and Mentors. We believe in borderless community and coach everyone from all walks of lives.



Our Head Coach

Coach Belton is qualified with a wide spectrum of sports skills, knowledge and experience. He empowers his students and athletes with solid expertise and high level of enthusiasm at the same time.

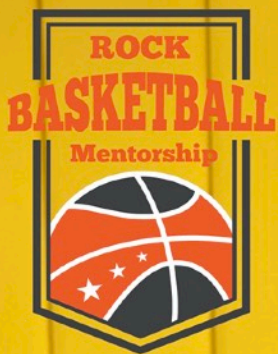
Coach Belton

- FIBA Level 2
- BSc in Sports Science

Coach Belton is also an educator and mentor, too, where he always proactively engages his students and athletes in successes with education and life through the sports of basketball.

Experience

- **Head Coach of Watoto International Sports Academy (Uganda)**
 - Sent 2 athletes to High Schools in US on scholarship; one of the girl athlete became the MVP in State Championship
 - Sent 15 athletes to Uganda U16 and U18 National Squad
- **Basketball Coach in China**
 - Coached over 1500 athletes in 3 years



**BASKETBALL
COACHING AND
MENTORSHIP TO
INSPIRE SCHOOLS,
NGOS, ORGANIZATIONS
AND CORPORATIONS**



Our Programs

Top-notch Basketball Training, Strength Training, Knowledge Empowerment and Character Building with our very own Basketball Coaches, Experts in Sports Medicine and Science and Mentors.

School Coaching & Character Building

- All primary, secondary schools and universities
- Assist Teams to maximise their potential
- Assist Teams to reach their goals
- Design seasonal training program
- Create team spirit and bonding
- Proactively engage students in successes with education and life through the sports of basketball

Company & NGO Coaching & Character Building

- All companies and NGOs
- Assist Teams to maximise their potential
- Assist Teams to reach their goals
- Design seasonal training program
- Create team spirit and bonding
- Proactively engage participants in successes with education and life through the sports of basketball

Basketball Coaching and Mentorship - Roadshow

- Single Roadshow Event
- Uplift knowledge and skills in Basketball via Interactive Coaching Workshops
- Demonstrate the significance of top-notch Basketball Training, Strength Training, Knowledge Empowerment and Character Building

Team Coaching & Mentorship

- A1, A2 and B League and all other Teams
- Assist Teams to maximise their potential
- Assist Teams to reach their goals
- Design seasonal training program
- Create team spirit and bonding

Sign up and contact:

<https://www.rockbasketball.org/reg>



How ROCK Uplifts People with Basketball

ROCK Basketball Mentorship engages students and athletes in successes with education and life through the sports of basketball with following perspective.

Talent Nurturing

Talent development is a full-time job especially in today's world which is full of many distractions and popularity of "overnight success" among social media.

ROCK approaches talent in the following ways:

- Identify optimal learning style
- Give praise to effort - not ability or result
- Encourage discipline and diligence
- Encourage problem solving
- Encourage deep learning
- Deliver the most updated training programs



Positive & Ambient Atmosphere

Our coaching staff celebrates positive and constructive attitude during all practice sessions and character development programs.

ROCK's programs are centred around attractive and achievable challenges with positive feedbacks and comments.

We also empower different players to learn at their own pace.

Basketball for ALL

Our programs ranges from general physical exercises for all walks of lives towards maximum performance of athletes. The benefits are:

- Development of cardiovascular system
- Weight loss
- Break social media and video games addiction



Connecting People

- Playing in a team assists participants to develop social skills. The benefits are lifelong
- Playing in a team develops sense of belonging
- Participants are encouraged to cooperate, to be less selfish, and to become good team players
- Participants are encouraged to make new friends and build their social circle away from comfort zone

Life Skills and Mentorship

ROCK emphasises primarily on holistic development and mentorship towards our clients. Our ROCK philosophy is the beacon of all our works :

- R - Respect; Be respectful to everyone including yourself
- O - Optimism; Be graceful & cheerful
- C - Character; Be virtuous & honest
- K - Knowledge; Be informed & willing to be inspired



**THE UPLIFTING THROUGH
BASKETBALL SHOULD BE
BOTH FUNDAMENTAL AND
REVOLUTIONARY. ROCK
ENVISIONS OUR ATHLETES
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THE SPORTS OF
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