## Potential challenges US based players may face and how to prevent them

- Thoroughly research the current roster and players who have been recruited for the upcoming freshman classes.
- If an unexpected challenge arises, reach out for support and talk to other players who may have been through similar challenges.
- · Regularly reflect on your goals.
- Players should consider the coaching staff when selecting a college.
- Speaking to other players who have worked closely with the college coaching staff can also be beneficial.
- Players should thoroughly research the culture that exists within the team, i.e. is the team is focusing more on winning or on development. Former and current players may be able to help answer this.
- Before moving to the US, players should physically prepare for the potential increased demands in the US.
- Players should be conscientious during periods of injury and understand when they might be redshirted.

Adapting and adjusting to a new environment and a new style of basketball

Inconsistent playing time

 Thoroughly research the team and their style of play. Be clear on the position you'll be expected to play.

 Make connections with other freshmen and stay connected with family & friends.

Barriers transitioning back to the National Team

The highs and lows of the journey and shifting of goals

Challenging culture of some programmes

Challenges

with the US

education

system

Challenging coach relationships and coach philosophy

Winning can sometimes be more important than player development

Physical expectations and injury  Consider the opportunity to continue playing for the national team when selecting a college.

 Keep in contact with the national team coaches whilst in the US.

 Players should speak to other players within the team, or those who have recently graduated from the programme to understand what the culture of the programme is really like.

 Before transitioning to the US, players should consider:
 1) does the college major in their

area of interest,

2) are they prepared to study
subjects they're not interested in,

3) do their future career goals align with their American degree.

Psychological challenges (low wellbeing and feelings of isolation)

- Players should identify who the key people are within their support network and reach out at any point if they're struggling.
- Reaching out to other international athletes can be really beneficial.

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Limited time and life balance

 Before moving to the US, players should gain insight from other players at the college to understand what the lifestyle and life balance may look like