

Northern Trailblazers Basketball 2022-2023 Elite Program



Fall 2022 Team Events

- Team preparation events (Training Camp, Practice, Film sessions, Athlete Development sessions).
- True North Basketball Academy Weekend October 21st-23rd
- True North Basketball Academy Weekend November 11-13th
- 12U 3x3 Tournament December 3rd-4th (Prizes for the championship team)



Program Schedule



Expectations for 11U Players

- 90–100% attendance in practice (Players whose attendance drop below 80% for the season will not travel)
- 100% focus during practice
- 100% effort during practice
- 100% support of teammates
- Players must bring a water bottle to every practice (20 push-ups, 20 sit-ups, 5 sprints) if they forget.



Must have skills for 11U Players

- Ability to dribble with both hands with eyes up
- Ability to make an off-hand lay-up going full speed
- Ability to change direction and make an off-hand lay-up going full speed
- Ability to catch and pass the ball with accuracy without stopping
- Ability to defend in 1 v 1 situations
- Ability to box out and rebound

