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Program Roster

Allen Arthur Brown	Berlin-Junior Cyprien Atemgoua	Kayden Baker	Kymani Baker	Reegan Budgell	Samuel Casaya	Benedict Castelino
Nathan Chinguwo	Yazan Daqqa	Havish Dave	Camden Doucet	Matthew Fitzgerald	Jameson Foster	Andrew Fresz
Reed Grant	Connor Hare	Logan Levere	Ben Martinovic	Brayden McGuey	Andre Narciso	William Ogunwemimo
Rishikkesh Patel	Shiv Ralen	Leul Samuel	Logan Young	Favour Okonkwo		

Fall 2022 Traveling Roster

Nathan Chinguwo	Favour Okonkwo	Andrew Fresz	Matthew Fitzgerald
Samuel Casaya	Benedict Castelino	Yazan Daqqa	Jameson Foster
Andre Narciso	Logan Young	Allen Arthur Brown	Ben Martinovic

Past experiences, player maturity, and player impact were factors considered when selecting the Fall travelling roster. The goal is for the program to have 2 travelling 11U teams at the in the Spring to give each player the experience of competing out of town. Unfortunately, at the 11U age group there aren't a lot of competition events. Therefore, the goal for our 11U program is to introduce the aspect of using training to prepare for competition.

Fall 2022 Events

Team Preparation Events (please see schedule below)

Competition weekend Against True North Basketball Academy (TNBA) October 21st-23rd

Competition weekend Against True North Basketball Academy (TNBA) November 11th-13th

12U 3x3 Tournament December 3rd-4th

Winter 2023 Events

During the Winter our elite program focuses on individual player development. Athletes will attend the 3 development programs listed below.

Shooting Development Sessions- Shooting drills with our state-of-the-art Dr. Dish shooting machine with our coaching staff. Located at St. Kateri Catholic School.

Skill Development Sessions- Sessions focus on handling the basketball and finishing at closer distances.

Strength & Conditioning Sessions- Sessions focus on physical development and improving mobility.

Spring 2023 Events

Team Preparation Events (Schedule TBD)
Swoosh Maximum Madness (Late March)
Swoosh Easter Classic (Mid April)
Swoosh Volvo (Mid May)

Fall 2022 Program Schedule

<i>Event Title</i>	<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Event Details</i>
Team meeting (*players & coaches only)	9-23-2022	5:00-6:30 pm	St. Kateri Catholic School	-We will provide the players with refreshments (pizza, snacks, water). -Team meeting. -Individual coach & player meetings. -Free time for players to get to know each other.
Training Camp (*players & coaches only)	9:24-2022	12:00-1:30 pm	St. Kateri Catholic School	An organized period in which 11U athletes participate in a rigorous and focused schedule of training in preparation for the 2022-2023 Elite season.
Training Camp (*players & coaches only)	9:25-2022	3:00-4:30 pm	St. Kateri Catholic School	An organized period in which 11U athletes participate in a rigorous and focused schedule of training in preparation for the 2022-2023 Elite season.
Training Camp (*players & coaches only)	9-27-2022	6:00-7:30 pm	St. Kateri Catholic School	An organized period in which 11U athletes participate in a rigorous and focused schedule of training in preparation for the 2022-2023 Elite season.
Team Practice (*players & coaches only)	9-30-2022	5:00-6:30 pm	St. Kateri Catholic School	<u>Team plan</u> -Basketball fundamentals -Introduce defensive concepts.

				-Work on offensive & defensive transition. -Introduce offensive gameplan. -Skill development
Team Practice (*players & coaches only)	10-1-2022	12:00-1:30 pm	St. Kateri Catholic School	Team plan -Basketball fundamentals -scoring and defending in 1 v 1 situations. -scoring and defending in advantage and disadvantage situations. -Work on defensive schemes.
Team Practice (*players & coaches only)	10-11-2022	5:00-6:30 pm	St. Kateri Catholic School	Team Plan (Preparation for 1st competition period) -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development
Team Practice (*players & coaches only)	10-12-2022	5:00-6:30 pm	St. Kateri Catholic School	Team Plan (Preparation for 1st competition period) -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development
Team Practice (*players & coaches only)	10-13-2022	5:00-6:30 pm	St. Kateri Catholic School	Team Plan (Preparation for 1st competition period) -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development
Team Practice (*players & coaches only)	10-14-2022	5:00-6:30 pm	St. Kateri Catholic School	Team Plan (Preparation for 1st competition period) -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development
Team Practice (*players & coaches only)	10-15-2022	12:00-1:30 pm	St. Kateri Catholic School	Team Plan (Preparation for 1st competition period) -Fundamentals -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.
Intersquad Scrimmage (Parents are invited to attend)	10-16-2022	5:30-7:30 pm	St. Kateri Catholic School	11U athletes will be divided into 2 even teams and will compete in a exhibition game.

Competition weekend Against True North Basketball Academy (Parents are invited to attend)	10-21-2022 until 10-23-2022	TBD	True North Basketball Academy (Edmonton)	Fall travelling roster will compete in Edmonton Against TNBA.
Team Film Session/Practice (*players & coaches only)	10-28-2022	5:00-6:30 pm	St. Kateri Catholic School	Team Plan -Go over film from competition weekend -Work on key points of film session
Team Film Session/Practice (*players & coaches only)	10-30-2022	3:00-4:30 pm	St. Kateri Catholic School	Team Plan -Go over film from competition weekend -Work on key points of film session
Team Practice (*players & coaches only)	11-7-2022	5:30-7:00 pm	St. Kateri Catholic School	Team Plan (Preparation for 2nd competition period) -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.
Team Practice (*players & coaches only)	11-8-2022	4:30-6:00 pm	St. Kateri Catholic School	Team Plan (Preparation for 2nd competition period) -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.
Team Practice (*players & coaches only)	11-9-2022	5:30-6:30 pm	St. Kateri Catholic School	Team Plan (Preparation for 2nd competition period) -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.
Competition weekend Against True North Basketball Academy (Parents are invited to attend)	11-11-2022 until 11-13-2022	TBD	True North Basketball Academy (Edmonton)	Fall travelling roster will compete in Edmonton Against TNBA.
Skill Development Session	11-26-2022	12:00-1:30 pm	St. Kateri Catholic School	Points of emphasis -Ball handling -Inside shooting -Creating angles and advantages
12U 3x3 Tournament	12-3-2022 until 12-4-2022	TBD	St. Kateri Catholic School	Players in our program that are 12 and under will be divided into teams and will compete in a 3x3 tournament for prizes.
Strength & Conditioning Session	12-7-2022	5:30-7:00 pm	St. Kateri Catholic School	Points of emphasis -Core Strength -Mobility -Explosiveness

Shooting Development Session	12-8-2022	Group 1 5:00-6:00 pm Group 2 6:00-7:00 pm Group 3 7:00-8:00 pm	St. Kateri Catholic School	Group 1	Group 2	Group 3
				Kayden	Allen	Samuel
				Reegan	Berlin-Junior	Nathan
				Reed	Benedict	Jameson
				Ben	Matthew	Brayden
				Shiv	Andrew	Andre
				Kymani	Logan L	Rishikkesh
				Havish	Logan Y	Favour
				Camden	Connor	William
					Leul	Yazan