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Program Roster

Nathan Adebayo	Hugo Godoi	Tiago Lance	Arpan Pachauri	Reagen Power
Francois Junior Atemgoua	Riley Grant	Owen Martinovic	Kanishk Patel	Ivanovik Saenz
Mathios Esayas	Shaun Hofilena	Emmanuel Okei	Luv Patel	Matthew Tenhave
Benjamin Fitzgerald	Liam Keenan	Divine Okonkwo	Yash Patel	Ethan Matutu
Elliott Murphy	Shema Rwangombwa			

Fall 2022 Traveling Roster

Ethan Matutu	Tiago Lance	Ivanovik Saenz
Elliott Murphy	Owen Martinovic	Francois Junior Atemgoua
Benjamin Fitzgerald	Emmanuel Okei	Arpan Pachauri
Shaun Hofilena	Luv Patel	Nathan Adebayo

Past experiences, player maturity, and player impact were factors considered when selecting the Fall travelling roster. There are 21 players in the 13U program, we would love to be able to split the group into 2 teams, but we do not have the resources. The program is scheduled to have another round of competition periods in the Spring. The travelling roster will be re-evaluated for the Spring. Coaches will discuss how players can make the Spring travelling roster at our 1st team meeting.

Fall 2022 Elite Junior High League Rosters

<i>Timberlea Titans (JR)</i>	<i>Thickwood Aces (JR)</i>	<i>Franklin Ave Express (JR)</i>	<i>Beacon Hill Barons (JR)</i>
Nathan Chinguwo	Favour Okonkwo	Nathan Adebayo	Tiago Lance
Emmanuel Okei	Ben Fitzgerald	Luv Patel	Reagan Power
Ivanovik Saenz	Shaun Hofilena	Owen Martinovic	Francois-Junior Atemgoua
Riley Grant	Liam Keenan	Mathios Esayas	Hunter Stemmann
Hugo Godoi	Divine Okonkwo	Arpan Pachauri	Matthew Tenhave
Kanishk Patel	Elijah Sapad	Ugwumba Akamadu	Elliott Murphy
Julien Gamarcha	Yash Patel	Yazan Daqqa	Adelio Arthur Brown
William Ogunwemimo	Shema Rwangombwa		Hunter Stemmann

Mandatory Player Volunteering

This Fall we require players in the 13U program to volunteer 2 total hours towards the program. We plan on running 2 exciting tournaments for our new league and players being able to volunteer will help us host the best tournament possible.

Player roles during events

- Scorekeepers
- Media team
- Entrance staff

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

Fall Elite Junior League Games (please see schedule below)

Fall Elite Mid-Season Tournament

Fall Elite Championship Tournament

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)

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	6:30-8:00 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	1:30-3:00 pm	St. Kateri Catholic School	An organized period in which 13U 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	4:30-6:00 pm	St. Kateri Catholic School	An organized period in which 13U 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 13U 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	6:30-8:00 pm	St. Kateri Catholic School	<u>Team plan</u> -Basketball fundamentals -Introduce defensive concepts. -Work on offensive & defensive transition. -Creating team advantages. -Skill development
Junior High Game Day (Parents are invited to attend)	10-1-2022	Titans vs Aces 2:30-4:00 pm Express vs Barons 4:00-5:30 pm	St. Kateri Catholic School	
Junior High Game Day (Parents are invited to attend)	10-2-2022	Aces vs Express 3:00-4:30 pm Barons vs Titans 4:30-6:00 pm	St. Kateri Catholic School	
Team Practice (*players & coaches only)	10-11-2022	5:00-6:30 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for 1st competition period)</u> -In-bound situations

				<ul style="list-style-type: none"> - Work on defensive concepts. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development scoring and defending in 1 v 1 situations.
Team Practice (*players & coaches only)	10-12-2022	5:00-6:30 pm	St. Kateri Catholic School	<p><u>Team Plan (Preparation for 1st competition period)</u></p> <ul style="list-style-type: none"> -In-bound situations - Work on defensive concepts. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development scoring and defending in 1 v 1 situations.
Team Practice (*players & coaches only)	10-13-2022	5:00-6:30 pm	St. Kateri Catholic School	<p><u>Team Plan (Preparation for 1st competition period)</u></p> <ul style="list-style-type: none"> -In-bound situations - Work on defensive concepts. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development scoring and defending in 1 v 1 situations.
Team Practice (*players & coaches only)	10-14-2022	6:30-8:00 pm	St. Kateri Catholic School	<p><u>Team Plan (Preparation for 1st competition period)</u></p> <ul style="list-style-type: none"> -In-bound situations - Work on defensive concepts. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development scoring and defending in 1 v 1 situations.
Elite League Mid-Season Tournament (Parents are invited to attend)	10-15-2022	Semi Final #1	St. Kateri Catholic School	
		2:00-3:30 pm		
		Barons vs Aces		
		Semi Final #2		
		3:30-5:00 pm		
Titans vs Express				
Elite League Mid-Season Tournament (Parents are invited to attend)	10-16-2022	3 rd Place Game	St. Kateri Catholic School	
		10:00 am-11:30 am		
		LSF#1 vs LSF#2		
		1 st Place game		
		11:30 am-1:00 pm		
WSF#1 vs WSF#2				
Team walk-through & shootaround (*players & coaches only)	10-19-2022	7:30-9:00 pm	St. Kateri Catholic School	<p><u>Team Plan (Preparation for 1st competition period)</u></p> <ul style="list-style-type: none"> -Go over weekend gameplan.

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	6:30-8:00 pm	St. Kateri Catholic School	<u>Team Plan</u> -Go over film from competition weekend -Work on key points of film session
Team Film Session/Practice (*players & coaches only)	10-30-2022	4:30-6:00 pm	St. Kateri Catholic School	<u>Team Plan</u> -Go over film from competition weekend -Work on key points of film session
Team Practice (*players & coaches only)	11-2-2022	7:30-9:00 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for 2nd competition period)</u> -In-bound situations - Work on defensive concepts. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development scoring and defending in 1 v 1 situations.
Junior High Game Day (Parents are invited to attend)	11-6-2022	Barons vs Aces 3:00-4:30 pm Titans vs Express 4:30-6:00 pm	St. Kateri Catholic School	
Team Practice (*players & coaches only)	11-7-2022	7:00-9:00 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for 2nd competition period)</u> -In-bound situations - Work on defensive concepts. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development scoring and defending in 1 v 1 situations.
Team Practice (*players & coaches only)	11-8-2022	6:00-7:30 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for 2nd competition period)</u> -In-bound situations - Work on defensive concepts. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development scoring and defending in 1 v 1 situations.
Team Practice (*players & coaches only)	11-9-2022	6:30-8:00 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for 2nd competition period)</u> -In-bound situations - Work on defensive concepts. -Work on offensive & defensive transition. - Work on offensive gameplan. -Skill development

				scoring and defending in 1 v 1 situations.		
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.		
Elite League Championship Tournament (Parents are invited to attend)	11-19-2022	Semi Final #1	St. Kateri Catholic School			
		12:00-1:30 pm				
		TBD vs TBD				
		Semi Final #2				
		TBD vs TBD				
		1:30-3:00 pm				
Elite League Championship Tournament (Parents are invited to attend)	11-20-2022	3 rd Place Game	St. Kateri Catholic School			
		2:00-3:30 pm				
		LSF#1 vs LSF#2				
		Championship Game				
		WSF#1 vs WSF#2				
		3:30-5:00 pm				
Skill Development Session	11-26-2022	1:30-3:00 pm	St. Kateri Catholic School	Points of emphasis -Ball handling -Inside shooting -Creating angles and advantages		
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	12-12-2022	Group 1 5:30-6:30 pm Group 2 6:30-7:30 pm Group 3 7:30-8:30 pm	St. Kateri Catholic School	Group 1	Group 2	Group 3
				Nathan	Mathios	Tiago
				Francois Junior	Hugo	Luv
				Emmanuel	Liam	Ivanovik
				Owen	Divine	Yash
				Riley	Arpan	Shaun
				Ben	Kanishk	
				Reagan	Matthew	