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**Program Roster**

Ugwumba Akamadu	Daniel Chijioke	Julien Gamarcha	Turuman Mikael	Vineet Parikh	Matthew Tieties
Adelio Athur Brown	Parker Flett	Daniel Joseph	Elliott Murphy	Elijah Sapad	Ekansh Varshney
Gabriel Barnes	Zedrick Erl Flores	Kobe Lance	Liam Nugent	Hunter Stemmann	Syed Waqar
Hrishikesh Bhatt	James Fresz	Ethan Matutu	Seun Ogunsona	Ewan Theriault	Folakade Ologunde

**Calgary Storm Thanksgiving Tournament Roster October 7<sup>th</sup>-9<sup>th</sup>**

David Chijioke	Gabriel Barnes	Ethan Matutu
Daniel Chijioke	Ezeugo Akamadu	Matthew Tieties
Andrew Salvador	Kobe Lance	Niyin Baiyewun
Tristan Pompey	Zedrick Erl Flores	Folakade Ologunde

This roster consists of players invited to travel with us to Calgary for the Calgary Storm Thanksgiving Tournament.

**Fall 2022 15U Traveling Roster**

Seun Ogunsona	Gabriel Barnes	James Fresz	Hrishikesh Bhatt	Zedrick Erl Flores
Julien Gamarcha	Kobe Lance	Ekansh Varshney	Matthew Tieties	Turuman Mikael
Vineet Parikh	Folakade Ologunde	Ewan Theriault	Ugwumba Akamadu	Daniel Joseph

Past experiences, player maturity, and player impact were factors considered when selecting the Fall travelling roster. There are 24 players in the 15U 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 1<sup>st</sup> 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		Hunter Stemmann

### **Fall 2022 Elite High School League Rosters**

<i>Timberlea Titans (HS)</i>	<i>Thickwood Aces (HS)</i>	<i>Franklin Ave Express (HS)</i>	<i>Beacon Hill Barons (HS)</i>
Gabriel Barnes	Hrishikesh Bhatt	Daniel Chijioke	Ethan Matutu
David Chijioke	Niyin Baiyewun	Ezeugo Akamadu	Andrew Salvador
James Fresz	Daniel Joseph	Parker Fleet	Zedrick Erl Flores
Seun Ogunsona	Abdulwarris Ajagbe	Derek Salvador	Maddox Pitcher
Brady Budgell	Mason Heck	Dau Dau	Deshaun Fala
Kobe Lance	Adem Barre	Devin Greene	Gavin Dale
Thulani Ndlovu	Ewan Theriault	Zachy Williams	Syed Waqar
Jordan Favorite	Liam Nugent	Jeffery Abada	Turuman Mikael
Folakade Ologunde	Ekansh Varshney	Matthew Tieties	Damon Ramsay
	Tristan Pompey	Vineet Parikh	

### **Mandatory Player Volunteering**

This Fall we require players in the 15U 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. I will email volunteer schedules for the following weekends soon.

October 15<sup>th</sup>-16<sup>th</sup>

November 19<sup>th</sup> -20<sup>th</sup>

### **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 21<sup>st</sup>-23<sup>rd</sup>

Competition weekend Against True North Basketball Academy (TNBA) November 11<sup>th</sup>-13<sup>th</sup>

Fall Elite Junior or High School 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)

Good Hoops Spring Classic (Early May)

Good Hoops Summer Classic Late May/Early June)

Great Canadian Shootout (Early July)

### **Fall 2022 Program Schedule**

<b><i>Event Title</i></b>	<b><i>Date</i></b>	<b><i>Time</i></b>	<b><i>Location</i></b>	<b><i>Event Details</i></b>
Team meeting (*players & coaches only)	9-23-2022	8:00-9:30 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	3:30-5:30 pm	St. Kateri Catholic School	An organized period in which 15U 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	6:00-7:30 pm	St. Kateri Catholic School	An organized period in which 15U 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	7:30-9:00 pm	St. Kateri Catholic School	An organized period in which 15U athletes participate in a rigorous and focused schedule of training in preparation for the 2022-2023 Elite season.
Training Camp (*players & coaches only)	9-28-2022	7:30-9:00 pm	St. Kateri Catholic School	An organized period in which 15U 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	8:00-9:30 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for 1st competition period)</u></b> -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 & High School Game Day (Parents are invited to attend)	10-1-2022	Titans (JR) vs Aces (JR) 2:30-4:00 pm Express (JR) vs Barons (JR) 4:00-5:30 pm Titans (HS) vs Aces (HS) 5:30-7:00 pm Express (HS) vs Barons (HS) 7:00-8:30 pm	St. Kateri Catholic School	(HS)- High School League (JR)- Junior High League
Junior High & High School Game Day (Parents are invited to attend)	10-2-2022	Aces (JR) vs Express (JR) 3:00-4:30 pm Barons (JR) vs Titans (JR) 4:30-6:00 pm Aces (HS) vs Express (HS) 6:00-7:30 pm Barons (HS) vs Titans (HS) 7:30-9:00 pm	St. Kateri Catholic School	(HS)- High School League (JR)- Junior High League
Team Practice (*players & coaches only)	10-5-2022	7:30-9:00 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for 1st competition period)</u></b> -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.
Calgary Storm Thanksgiving Shootout	10-7-2022 until 10-9-2022	TBD	7 Chief Sportsplex  19 Bulhead rd Tsuut'ina Nation, AB	
Team Practice (*players & coaches only)	10-12-2022	6:30-8:30 pm	St. Kateri Catholic School	<b>Team Plan (Preparation for 1st competition period)</b> -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	6:30-8:30 pm	St. Kateri Catholic School	<b>Team Plan (Preparation for 1st competition period)</b> -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	8:00-9:30 pm	St. Kateri Catholic School	<b>Team Plan (Preparation for 1st competition period)</b> -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	(JR) Semi Final #1	St. Kateri Catholic School	(HS)- High School League (JR)- Junior High League
		2:00-3:30 pm		
		Barons vs Aces		
		(JR) Semi Final #2		
		3:30-5:00 pm		
		Titans vs Express		
		(HS) Semi Final #1		
		5:00-6:30 pm		
		Barons vs Aces		
		(HS) Semi Final #2		
		6:30-8:00 pm		
Titans vs Express				
Elite League Mid-Season Tournament	10-16-2022	(JR) 3 <sup>rd</sup> Place Game 10:00 am-11:30 am	St. Kateri Catholic School	

(Parents are invited to attend)		LSF#1 vs LSF#2		
		(JR) 1 <sup>st</sup> Place game		
		11:30 am-1:00 pm		
		WSF#1 vs WSF#2		
		(HS) 3 <sup>rd</sup> Place Game		
		2:00 pm-3:30 pm		
		LSF#1 vs LSF#2		
		(HS) 1 <sup>st</sup> Place game		
		3:30 pm-5:00 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	<b><u>Team Plan (Preparation for 1st competition period)</u></b> -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)	10-26-2022	7:30-9:00 pm	St. Kateri Catholic School	<b><u>Team Plan</u></b> -Go over film from competition weekend -Work on key points of film session
Team Film Session/Practice (*players & coaches only)	10-28-2022	8:00-9:30 pm	St. Kateri Catholic School	<b><u>Team Plan</u></b> -Go over film from competition weekend -Work on key points of film session
Team Practice (*players & coaches only)	10-30-2022	6:30-8:30 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for 2nd competition period)</u></b> -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 & High School Game Day (Parents are invited to attend)	11-6-2022	(JR) Barons vs Aces 3:00-4:30 pm (JR) Titans vs Express 4:30-6:00 pm (HS) Barons vs Aces 6:00-7:30 pm (HS) Titans vs Express 7:30-9:00 pm	St. Kateri Catholic School	(HS)- High School League (JR)- Junior High League
Team Practice (*players & coaches only)	11-8-2022	4:30-6:30 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for 2nd competition period)</u></b> -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	7:30-9:00 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for 2nd competition period)</u></b> -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)	11-10-2022	7:30-9:00 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for 2nd competition period)</u></b> -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	(JR) Semi Final #1	St. Kateri Catholic School	
		12:00-1:30 pm		
		TBD vs TBD		
		(JR) Semi Final #2		
		TBD vs TBD		
		1:30-3:00 pm		
		(HS) Semi Final #1		
		4:00-5:30 pm		
		TBD vs TBD		
		(HS) Semi Final #2		
TBD vs TBD				
5:30-7:00 pm				
Elite League Championship Tournament (Parents are invited to attend)	11-20-2022	(JR) 3 <sup>rd</sup> Place Game	St. Kateri Catholic School	
		2:00-3:30 pm		
		LSF#1 vs LSF#2		
		(JR) Championship Game		
		WSF#1 vs WSF#2		
		3:30-5:00 pm		
		(HS) 3 <sup>rd</sup> Place Game		
		6:00-7:30 pm		
		LSF#1 vs LSF#2		
		(HS) Championship Game		
WSF#1 vs WSF#2				
7:30-9:00 pm				

Skill Development Session	11-26-2022	3:30-5:30 pm	St. Kateri Catholic School	<b>Points of emphasis</b> -Ball handling -Inside shooting -Creating angles and advantages -scoring and defending in 1 v 1 situations.
Open Gym	12-3-2022	1:30-3:30 pm	St. Kateri Catholic School	
Open Gym	12-14-2022	<u>6:00-8:00 pm</u>	St. Kateri Catholic School	