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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		

Training Groups

<u>Group 1</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 2</u>
Kayden	Allen	Samuel	Camden
Reegan	Berlin-Junior	Nathan	Connor
Reed	Benedict	Jameson	Leul
Ben	Matthew	Brayden	Rishikkesh
Shiv	Andrew	Andre	Favour
Kymani	Logan L	William	Yazan
Havish	Logan Y		

## 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 Easter Classic (April 7<sup>th</sup> Returning players only)

Swoosh Volvo (May 19<sup>th</sup>-21<sup>st</sup> All 11U players will be travelling this weekend )

ABA Club Championships (June 23<sup>rd</sup>-25<sup>th</sup> roster will be released on March 26<sup>th</sup>)

## Winter 2023 Program Schedule

Event Title	Date	Time	Location	Event Details			
Shooting Development Session	1-9-2023	Group 1 5:30-7:00 pm Group 2 7:00-8:30 pm	St. Kateri Catholic School	<u>Group 1</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 2</u>
				Kayden	Allen	Samuel	Camden
				Reegan	Berlin-Junior	Nathan	Connor
				Reed	Benedict	Jameson	Leul
				Ben	Matthew	Brayden	Rishikkesh
				Shiv	Andrew	Andre	Favour
				Kymani	Logan L	William	Yazan
				Havish	Logan Y		
Skill Development Session	1-16-2023	Group 2 5:30-7:00 pm Group 1 7:00-8:30 pm	St. Kateri Catholic School	<u>Group 1</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 2</u>
				Kayden	Allen	Samuel	Camden
				Reegan	Berlin-Junior	Nathan	Connor
				Reed	Benedict	Jameson	Leul
				Ben	Matthew	Brayden	Rishikkesh
				Shiv	Andrew	Andre	Favour
				Kymani	Logan L	William	Yazan
				Havish	Logan Y		

Strength & Conditioning Session	1-21-2023	12:00-1:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
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Shooting Development Session	1-24-2023	Group 1 5:30-7:00 pm Group 2 7:00-8:30 pm	St. Kateri Catholic School	<u>Group 1</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 2</u>
				Kayden	Allen	Samuel	Camden
				Reegan	Berlin-Junior	Nathan	Connor
				Reed	Benedict	Jameson	Leul
				Ben	Matthew	Brayden	Rishikkesh
				Shiv	Andrew	Andre	Favour
				Kymani	Logan L	William	Yazan
Havish	Logan Y						
Shooting Development Session	1-27-2023	Group 2 5:30-7:00 pm Group 1 7:00-8:30 pm	St. Kateri Catholic School	<u>Group 1</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 2</u>
				Kayden	Allen	Samuel	Camden
				Reegan	Berlin-Junior	Nathan	Connor
				Reed	Benedict	Jameson	Leul
				Ben	Matthew	Brayden	Rishikkesh
				Shiv	Andrew	Andre	Favour
				Kymani	Logan L	William	Yazan
Havish	Logan Y						
Skill Development Session	1-28-2023	Group 2 12:00-1:30 pm Group 1 1:30-3:00 pm	St. Kateri Catholic School	<u>Group 1</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 2</u>
				Kayden	Allen	Samuel	Camden
				Reegan	Berlin-Junior	Nathan	Connor
				Reed	Benedict	Jameson	Leul
				Ben	Matthew	Brayden	Rishikkesh
				Shiv	Andrew	Andre	Favour
				Kymani	Logan L	William	Yazan
Havish	Logan Y						
Skill Development Session	2-4-2023	12:00-1:30 pm	St. Kateri Catholic School	<u>Skill Development Session</u> -Focus on 1 v 1 advantages -Focus on reducing advantages in 1 v 1 situations			
Shooting Development	2-5-2023	3:00-4:30 pm	St. Kateri Catholic School	Shooting drills with our state-of-the-art Dr. Dish shooting machine with our coaching staff. Located at St. Kateri Catholic School.			
Shooting Development	2-12-2023	3:00-4:30 pm	St. Kateri Catholic School	Shooting drills with our state-of-the-art Dr. Dish shooting machine with our coaching staff. Located at St. Kateri Catholic School.			
Strength & Conditioning Session	2-18-2023	12:00-1:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.			

Skill Development Session	2-19-2023	3:00-4:30 pm	St. Kateri Catholic School	<u>Skill Development Session</u> -Focus on 1 v 1 advantages -Focus on reducing advantages in 1 v 1 situations
Strength & Conditioning Session	2-26-2023	3:00-4:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Strength & Conditioning Session	3-5-2023	3:00-4:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Shooting Development	3-12-2023	3:00-4:30 pm	St. Kateri Catholic School	Shooting drills with our state-of-the-art Dr. Dish shooting machine with our coaching staff. Located at St. Kateri Catholic School.
Shooting Development	3-19-2023	3:00-4:30 pm	St. Kateri Catholic School	Shooting drills with our state-of-the-art Dr. Dish shooting machine with our
Winter Training Camp	3-22-2023	4:30-6:00 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for Spring competition periods)</u> -In-bound situations -Work on defensive gameplan. -Work on offensive & defensive transition. -Work on offensive gameplan.
Winter Training Camp	3-24-2023	4:30-6:00 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for Spring competition periods)</u> -In-bound situations -Work on defensive gameplan. -Work on offensive & defensive transition. -Work on offensive gameplan.
Winter Training Camp	3-25-2023	1:00-3:00 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for Spring competition periods)</u> -In-bound situations -Work on defensive gameplan. -Work on offensive & defensive transition. -Work on offensive gameplan.
Winter Training Camp	3-26-2023	3:00-5:00 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for Spring competition periods)</u> -In-bound situations -Work on defensive gameplan. -Work on offensive & defensive transition. -Work on offensive gameplan.
Winter Training Camp	4-1-2023	2:30-4:30 pm	St. Kateri Catholic School	<u>Team Plan (Preparation for Spring competition periods)</u> -In-bound situations -Work on defensive gameplan. -Work on offensive & defensive transition. -Work on offensive gameplan.