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**Program Roster**

Nathan Adebayo	Shema Rwangombwa	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	Elliott Murphy
Benjamin Fitzgerald	Liam Keenan	Divine Okonkwo	Yash Patel	Ethan Matutu

**Training Groups**

<u>Group 1</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 2</u>
Liam Keenan	Matthew Tenhave	Francois Junior Atemgoua	Tiago Lance
Divine Okonkwo	Reagen Power	Benjamin Fitzgerald	Shaun Hofilena
Arpan Pachauri	Kanishk Patel	Ivanovik Saenz	Luv Patel
Mathios Esayas		Yash Patel	Shema Rwangombwa
Riley Grant		Emmanuel Okei	Nathan Adebayo
		Owen Martinovic	

**Spring 2023 Events (13U Travelling roster will be released February 26<sup>th</sup>)**

Team Preparation Events (Schedule TBD)

Swoosh Easter Classic (April 7<sup>th</sup>-9<sup>th</sup>)

Swoosh Volvo (May 19<sup>th</sup>-21<sup>st</sup>)

WEBA Classic June (2<sup>nd</sup>-4<sup>th</sup>) (Roster for this tournament will be released after Winter training camp)

Swoosh Summer Challenger (July 7<sup>th</sup>-9<sup>th</sup>) (Roster for this tournament will be released after Winter training camp)

TNBA Invitational (TBD) in Edmonton

## Travelling Rosters

\*Rosters are for the first 2 tournaments

Swoosh Easter Classic (April 7 <sup>th</sup> -9 <sup>th</sup> )	Swoosh Volvo (May 19 <sup>th</sup> -21 <sup>st</sup> )
Ben Fitzgerald	Ben Fitzgerald
Ivan Saenz	Ivan Saenz
Shema Rwangombwa	Shema Rwangombwa
Yash Patel	Yash Patel
Luv Patel	Luv Patel
Arpan Pachauri	Arpan Pachauri
Emmanuel Okei	Emmanuel Okei
Reagen Power	Reagen Power
Shaun Hofilena	Shaun Hofilena
Nathan Adebayo	Nathan Adebayo
Francois Junior Atemgoua	Francois Junior Atemgoua
Tiago Lance	Tiago Lance
Owen Martinovic	Owen Martinovic
Ethan Matutu	Ethan Matutu
Elliott Murphy	Elliott Murphy

### Team Hotel For April 7<sup>th</sup>-9<sup>th</sup>

Home2 Suites by Hilton Edmonton South  
1140 103A Street SW  
Edmonton, AB T6W 2P6  
+1 780 250 3000 (Main)  
+1 780 250 3003 (Fax)

### 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.  
**Winter 2023 Program Schedule**

<b>Event Title</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Event Details</b>
Shooting Development Session	1-18-2023	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>
				Liam
				Matthew
Skill Development Session	1-19-2023	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>
				Liam
				Matthew
Strength & Conditioning Session	1-21-2023	1:30-3:00 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
				Skill Development Session
Skill Development Session	2-4-2023	1:30-3:00 pm	St. Kateri Catholic School	-Focus on 1 v 1 advantages
				-Focus on reducing advantages in 1 v 1 situations
Strength & Conditioning Session	2-5-2023	3:00-4:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Shooting Development Session	2-12-2022	4:30-6:00 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	2-17-2023	5:30-7:30 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.
Skill Development Session	2-18-2023	1:30-3:00 pm	St. Kateri Catholic School	<b>Skill Development Session</b> -Focus on 1 v 1 advantages -Focus on reducing advantages in 1 v 1 situations
Skill Development Session	2-19-2023	4:30-6:00 pm	St. Kateri Catholic School	<b>Skill Development Session</b> -Focus on 1 v 1 advantages -Focus on reducing advantages in 1 v 1 situations
Strength & Conditioning Session	2-26-2023	4:30-6:00 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Strength & Conditioning Session	3-5-2023	4:30-6:00 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Shooting Development	3-12-2023	4:30-6:00 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	4:30-6:00 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.
Winter Training Camp	3-22-2023	6:00-7:30 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for Spring competition periods)</u></b> -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.
Winter Training Camp	3-24-2023	6:00-7:30 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for Spring competition periods)</u></b> -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.
Winter Training Camp	3-25-2023	3:30-5:30 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for Spring competition periods)</u></b> -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.
Winter Training Camp	3-26-2023	5:00-7:00 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for Spring competition periods)</u></b> -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.
Winter Training Camp	4-1-2023	4:30-6:30 pm	St. Kateri Catholic School	<b><u>Team Plan (Preparation for Spring competition periods)</u></b> -In-bound situations - Work on defensive gameplan. -Work on offensive & defensive transition. - Work on offensive gameplan.