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Program Roster

Ugwumba Akamadu	Zedrick Erl Flores	Julien Gamarcha	Kobe Lance	Vineet Parikh
Adelio Athur Brown	Folakade Ologunde	Gabriel Barnes	Daniel Joseph	Elijah Sapad
James Fresz	Ekansh Varshney	Ewan Theriault	Liam Nugent	Seun Ogunsona
Curren Jenkins	Turuman Mikael	Parker Flett	Hrishikesh Bhatt	Ethan Matutu

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

Swoosh Easter Classic (April 7th-9th) (all athletes will travel to this tournament) in Edmonton

Underground Hoops Invitational (April 28th-30th) in Grande Prairie

Swoosh Volvo (May 19th-21st) (all athletes will travel to this tournament)

WEBA Classic (June 2nd-4th) (Roster will be released after Winter training camp)

Great Canadian Shootout (July 1st -3rd) in Edmonton

Swoosh Summer Challenger (July 7th-9th) Roster will be released after Winter training camp) in Edmonton

TNBA Summer Invitational (TBD) in Edmonton.

Winter 2023 Program Schedule

Event Title	Date	Time	Location	Event Details
Shooting & Skill Development Session	1-15-2023	5:30-7:30 pm	St. Kateri Catholic School	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.
Shooting & Skill Development Session	1-20-2023	5:30-7:30 pm	St. Kateri Catholic School	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.
Shooting & Skill Development Session	1-21-2023	3:30-5:30 pm	St. Kateri Catholic School	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.
Shooting & Skill Development Session	2-3-2023	5:30-7:30 pm	St. Kateri Catholic School	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.

Shooting & Skill Development Session	2-4-2023	3:30-5:30 pm	St. Kateri Catholic School	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 Session	2-5-2022	6:00-7:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.

Strength & Conditioning Session	2-12-2023	6:00-7:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Strength & Conditioning Session Skill Development Session	2-18-2023	3:30-5:30 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 - This session will also focus on physical development and improving mobility.
Skill Development Session	2-19-2023	6:00-7:30 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	2-25-2023	3:30-5:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Strength & Conditioning Session	2-26-2023	6:00-7:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Strength & Conditioning Session	3-5-2023	6:00-7:30 pm	St. Kateri Catholic School	Sessions focus on physical development and improving mobility.
Shooting Development	3-12-2023	6:00-7:30 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.
Shooting Development	3-19-2023	6:00-7:30 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.
Winter Training Camp	3-22-2023	7:30-7:30 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.
Winter Training Camp	3-24-2023	7:30-9:30 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.

Winter Training Camp	3-25-2023	6:00-8:00 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	7:30-9:30 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.
Winter Training Camp	4-1-2023	7:00-9:00 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.