

TRAILBLAZERS



Program Roster

First Name	Last Name	Birthdate (MM/DD/YYYY)	Age
Ava	Wionzek	8/8/2013	11
Mansi	Pokhrel	9/21/2013	10
Nevaeh	Ivany	1/23/2012	12
Aditi	Jiju	12/8/2012	11
Mackenzie	Rankin	3/19/2012	12
Arra	Carson	11/15/2013	10
Brianna	Regnier	8/6/2012	12
Madison	Hennessey	4/20/2013	11
Alexia	MacDougall	6/29/2013	11
Ameera	Bajwa	9/16/2013	10
Adrianna	Hynes	3/23/2012	12
Catherine (Catey)	Murphy	6/14/2012	12
Brookelyn	Pelley	12/11/2012	11
Esther	Monofi	10/12/2013	10
Bayyinah	Ikharia	2/18/2012	12
Brianna	Morrison	11/30/2012	11
Moriah	Amanyi	12/11/2013	10
Olivia	Macdonald	2/27/2013	11
Eyaana	Singh	9/12/2012	11
Rebecca	Ewa	5/7/2013	11
Blaire	Alexander	4/4/2012	12
Rebel	O'Toole	9/15/2013	10
Carly	hawkins	1/1/2013	11
Dhyana	Ray	11/16/2012	11
MANNAT	waraich	8/9/2013	11
Ivannah	Obumah	3/8/2013	11
Isabella	Oliveria	7/5/2012	12

Fall 2024 Events

Skill Development Sessions (Shooting Development & Ball Control Development)

Live Play Sessions

Team Practices

Strength and Conditioning Sessions

Program Welcome Meeting (October 6th)

Fall 2024 Elite League

Controlled 5v5 Scrimmages

Gym Locations

Dr. Karl A Clark Elementary School 8453 Franklin Ave Fort McMurray, AB T9H 2J2

Program Structure

The elite season is divided into 3 seasons (Fall, Winter, and Spring). Each season provides athletes with a different aspect of preparing for competitions.

Environment

The goal for our coaches is to create a fun, safe, and competitive environment where athletes not only strive to become better versions of themselves but push their teammates to do the same.

Fall 2024

The Fall season will focus on conditioning athletes for competition and developing basketball fundamentals. Team sessions will focus on fundamentals, skill development, and gameplay awareness.

Winter 2025

The Winter season will focus on skill development in small-group training environments. Athletes will participate in 3 different kinds of sessions. Perimeter shooting development, ball handling and interior shooting development, and strength and conditioning.

Spring 2025

The Spring season is our travel and competition season. Travelling rosters for the Spring will be announced the first week of March. The Spring competition schedule will be available in February. Team events in the Spring will focus on preparing athletes for the tournaments. Even if your child is not travelling the preparation will benefit them.

Attendance

Attendance is crucial for development; it is also a central component in how we decide which athletes make travelling rosters. Our goal is to provide the best basketball experience we can for your athlete, and we need them to be present as much as possible to maximize the experience.

Practice Uniform

Athletes must wear athletic wear (shorts or pants), indoor basketball shoes, and a water bottle. Please make sure your child brings a water bottle to all team events.

Travel Competitions

Athletes that are part of this program will compete in tournaments across Western Canada. Unfortunately, we can only take 12-player rosters to these tournaments.

Travel Accommodations

We provide travel and stay accommodations for athletes on tournament weekends. The accommodations cover travel there and back and a shared room with other NTB teammates. The costs will vary per weekend.

Fall 2024 Registration Payment Deadline

Your athlete's Fall 2024 registration fee (\$294.00) must be paid by October 15th. Please get in touch with grace@northerntrailblazers.com if you have any questions or concerns.

Event Title	Date	Time	Location	Event Details																																
Live Play Session #1	10-2-2024	5:00-6:00 pm	Dr. Clark Public School	<u>Live Play Session</u> Live sessions put athletes in different situations that they would encounter facing an active opponent.																																
Strength and Conditioning Session #1	10-5-2023	2:00-3:30 pm	St. Kateri Catholic School	<u>Strength and Conditioning Session</u> Athletes will use resistance training to build muscle. Sessions will focus on developing explosiveness and core strength.																																
Elite Program Athlete Welcome Meeting	10-6-2024	6:00-8:30 pm	St. Kateri Catholic School	<u>Team Meeting</u> Coaches will go over the 2024-25 program with players. We will provide refreshments for the evening.																																
Team Skill Development Session #1	10-7-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing																																
Live Play Session #2	10-9-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Live Play Session</u> Live sessions put athletes in different situations that they would encounter facing an active opponent.																																
Shooting Development Session #1	10-11-2024	Group 1 - 6:30-7:30 pm Group 2 - 7:30-8:30 pm	St. Kateri Catholic School	<u>Team Shooting Development</u> 3P shooting is important for our program because it allows us to compensate for our lack of size and athleticism. It's important that every player can space the floor by using the threat of the 3P shot. Shooting sessions will focus on improving in-game shooting success. <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Group 1</th> <th>Group 1</th> <th>Group 2</th> <th>Group 2</th> </tr> </thead> <tbody> <tr> <td>Brookelyn</td> <td>Ava</td> <td>Isabella</td> <td>Catherine</td> </tr> <tr> <td>Mackenzie</td> <td>Mansi</td> <td>Aditi</td> <td>Brianna M</td> </tr> <tr> <td>Arra</td> <td>Nevaeh</td> <td>Esther</td> <td>Blaire</td> </tr> <tr> <td>Brianna R</td> <td>Ameera</td> <td>Bayyinah</td> <td>Rebecca</td> </tr> <tr> <td>Madison</td> <td>Ivannah</td> <td>Dhyana</td> <td>Eyaana</td> </tr> <tr> <td>Alexia</td> <td>Rebel</td> <td>Adrianna</td> <td>Moriah</td> </tr> <tr> <td>MANNAT</td> <td>Carly</td> <td>Olivia</td> <td></td> </tr> </tbody> </table>	Group 1	Group 1	Group 2	Group 2	Brookelyn	Ava	Isabella	Catherine	Mackenzie	Mansi	Aditi	Brianna M	Arra	Nevaeh	Esther	Blaire	Brianna R	Ameera	Bayyinah	Rebecca	Madison	Ivannah	Dhyana	Eyaana	Alexia	Rebel	Adrianna	Moriah	MANNAT	Carly	Olivia	
Group 1	Group 1	Group 2	Group 2																																	
Brookelyn	Ava	Isabella	Catherine																																	
Mackenzie	Mansi	Aditi	Brianna M																																	
Arra	Nevaeh	Esther	Blaire																																	
Brianna R	Ameera	Bayyinah	Rebecca																																	
Madison	Ivannah	Dhyana	Eyaana																																	
Alexia	Rebel	Adrianna	Moriah																																	
MANNAT	Carly	Olivia																																		
U13/U15 Skill Development Session #3	10-16-2024	5:00-6:30 pm	Dr. Clark Public School	<u>U13/U15 Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing_																																
Small Group Skill Development Session #4	10-17-2024	Group 1 - 5:00-6:00 pm Group 2 - 6:00-7:00 pm Group 3 - 7:00-8:00 pm	Elsie Yanik Catholic School	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Group 1</th> <th>Group 2</th> <th>Group 3</th> </tr> </thead> <tbody> <tr> <td>Carly</td> <td>Rebecca</td> <td>Catherine</td> </tr> <tr> <td>Eyaana</td> <td>Bayyinah</td> <td>Blaire</td> </tr> <tr> <td>Brookelyn</td> <td>MANNAT</td> <td>Aditi</td> </tr> <tr> <td>Rebel</td> <td>Mackenzie</td> <td>Dhyana</td> </tr> <tr> <td>Madison</td> <td>Brianna R</td> <td>Brianna M</td> </tr> <tr> <td>Alexia</td> <td>Ameera</td> <td>Esther</td> </tr> <tr> <td>Ava</td> <td>Nevaeh</td> <td>Adrianna</td> </tr> <tr> <td>Isabella</td> <td>Mansi</td> <td>Olivia</td> </tr> <tr> <td>Arra</td> <td>Ivannah</td> <td>Moriah</td> </tr> </tbody> </table>	Group 1	Group 2	Group 3	Carly	Rebecca	Catherine	Eyaana	Bayyinah	Blaire	Brookelyn	MANNAT	Aditi	Rebel	Mackenzie	Dhyana	Madison	Brianna R	Brianna M	Alexia	Ameera	Esther	Ava	Nevaeh	Adrianna	Isabella	Mansi	Olivia	Arra	Ivannah	Moriah		
Group 1	Group 2	Group 3																																		
Carly	Rebecca	Catherine																																		
Eyaana	Bayyinah	Blaire																																		
Brookelyn	MANNAT	Aditi																																		
Rebel	Mackenzie	Dhyana																																		
Madison	Brianna R	Brianna M																																		
Alexia	Ameera	Esther																																		
Ava	Nevaeh	Adrianna																																		
Isabella	Mansi	Olivia																																		
Arra	Ivannah	Moriah																																		

Strength and Conditioning Session #2	10-19-2024	2:00-3:30 pm	St. Kateri Catholic School	<u>Strength and Conditioning Session</u> Athletes will use resistance training to build muscle. Sessions will focus on developing explosiveness and core strength
Controlled Scrimmage Live Session #3	10-21-2024	5:00-6:00 pm	Dr. Clark Public School	<u>Program Intrasquad Scrimmage</u> Live sessions put athletes in different situations that they would encounter facing an active opponent. NTB U11 Boys vs NTB U13 Girls
Controlled Scrimmage Live Session #4	10-23-2024	5:00-6:30 pm	Dr. Clark Public School	<u>Program Intrasquad Scrimmage</u> Live sessions put athletes in different situations that they would encounter facing an active opponent. NTB U13 Boys vs NTB U13 Girls
Skill Development Session	10-25-2024	6:00-7:00 pm	Elsie Yanik Catholic School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Strength and Conditioning Session #3	10-26-2024	2:00-3:30 pm	St. Kateri Catholic School	<u>Strength and Conditioning Session</u> Athletes will use resistance training to build muscle. Sessions will focus on developing explosiveness and core strength.
Team Skill Development Session #5	10-28-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Team Skill Development Session #6	10-30-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Strength and Conditioning Session #4	11-9-2024	2:00-3:30 pm	St. Kateri Catholic School	<u>Strength and Conditioning Session</u> Athletes will use resistance training to build muscle. Sessions will focus on developing explosiveness and core strength.
Team Skill Development Session #7	11-18-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Team Skill Development Session #8	11-20-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Team Skill Development Session #9	11-22-2024	5:00-6:00 pm	Elsie Yanik Catholic School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Team Skill Development Session #10	11-25-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Team Skill Development Session #11	11-27-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Shooting Development Session #2	11-29-2024	Group 1 - 4:30-5:30 pm Group 2 – 7:30-8:30 pm	St. Kateri Catholic School	<u>Team Shooting Development</u> 3P shooting is important for our program because it allows us to compensate for our lack of size and athleticism. It's important that every player can space the floor by using the threat of the 3P shot. Shooting

				<p>sessions will focus on improving in-game shooting success.</p> <table border="1"> <thead> <tr> <th>Group 1</th> <th>Group 1</th> <th>Group 2</th> <th>Group 2</th> </tr> </thead> <tbody> <tr> <td>Brookelyn</td> <td>Ava</td> <td>Isabella</td> <td>Catherine</td> </tr> <tr> <td>Mackenzie</td> <td>Mansi</td> <td>Aditi</td> <td>Brianna</td> </tr> <tr> <td>Arra</td> <td>Nevaeh</td> <td>Esther</td> <td>Blaire</td> </tr> <tr> <td>Brianna</td> <td>Ameera</td> <td>Bayyinah</td> <td>Rebecca</td> </tr> <tr> <td>Madison</td> <td>Ivannah</td> <td>Dhyana</td> <td>Eyaana</td> </tr> <tr> <td>Alexia</td> <td>Rebel</td> <td>Adrianna</td> <td>Esther</td> </tr> <tr> <td>MANNAT</td> <td>Carly</td> <td>Olivia</td> <td></td> </tr> </tbody> </table>	Group 1	Group 1	Group 2	Group 2	Brookelyn	Ava	Isabella	Catherine	Mackenzie	Mansi	Aditi	Brianna	Arra	Nevaeh	Esther	Blaire	Brianna	Ameera	Bayyinah	Rebecca	Madison	Ivannah	Dhyana	Eyaana	Alexia	Rebel	Adrianna	Esther	MANNAT	Carly	Olivia	
Group 1	Group 1	Group 2	Group 2																																	
Brookelyn	Ava	Isabella	Catherine																																	
Mackenzie	Mansi	Aditi	Brianna																																	
Arra	Nevaeh	Esther	Blaire																																	
Brianna	Ameera	Bayyinah	Rebecca																																	
Madison	Ivannah	Dhyana	Eyaana																																	
Alexia	Rebel	Adrianna	Esther																																	
MANNAT	Carly	Olivia																																		
Team Practice #1	12-2-2024	6:00-7:30 pm	Dr. Clark Public School	<u>Team Practice #1</u> -Building Team Defence -Developing offensive principals -Developing Game play skills																																
Team Practice #2	12-4-2024	6:00-7:30 pm	Dr. Clark Public School	<u>Team Practice #2</u> -Building Team Defence -Developing offensive principals -Developing Game play skills																																
Fall Elite League Game Day 1	12-9-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Fall 2024 Elite League</u> U15 & U13 elite programs will be split into 4 teams that will compete to be the Fall 2024 Elite League Champions.																																
Fall Elite League Game Day 2	12-11-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Fall 2024 Elite League</u> U15 & U13 elite programs will be split into 4 teams that will compete to be the Fall 2024 Elite League Champions.																																
Fall Elite League Game Day 3	12-16-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Fall 2024 Elite League</u> U15 & U13 elite programs will be split into 4 teams that will compete to be the Fall 2024 Elite League Champions.																																
Shooting Development Session #4	12-17-2024	6:30-8:00 pm	St. Kateri Catholic School	<u>Skill Development Session</u> Sessions focus on developing shooting ball control skills. This includes shooting touch, dribbling, and passing																																
Fall Elite League Game Day 5	12-18-2024	6:00-7:00 pm	Dr. Clark Public School	<u>Fall 2024 Elite League</u> U15 & U13 elite programs will be split into 4 teams that will compete to be the Fall 2024 Elite League Champions.																																
Team Skill Development Session #12	12-19-2024	6:00-7:00 pm	Elsie Yanik Catholic School	<u>Skill Development Session</u> Sessions focus on developing shooting ball control skills. This includes shooting touch, dribbling, and passing																																
Fall Elite League Game Playoffs	12-21-2024	8:00 am - 9:00 pm	St. Kateri Catholic School	<u>Fall 2024 Elite League</u> U15 & U13 elite programs will be split into 4 teams that will compete to be the Fall 2024 Elite League Champions.																																