

# TRAILBLAZERS



## Program Roster

First Name	Last Name	Birthdate (MM/DD/YYYY)	Age
Koia	Tober	1/21/2011	13
Martha	adebambo	3/30/2011	13
abigail	zeweldi	5/9/2011	13
Jomi	Ogunsona	3/3/2011	13
Athieng	Kuereng	12/21/2011	12
Bianca	Browne	5/17/2011	13
Alejandra	Connell	12/6/2010	13
Aurie	MacIsaac	5/29/2010	14
Capri	MacQuarrie	12/15/2011	12
JaDaLane	Tuazon	12/29/2011	12
Ciera	Fraser	8/7/2010	14
Anushka	Sharma	1/7/2010	14
Gabriella	Itaso	3/24/2011	13
Sadie	Couterielle	2/28/2011	13
Kinley	Cunningham	11/13/2011	12
Jillian	Marquis	4/15/2011	13
Drushti	Trivedi	5/27/2011	13
Adrija	Chatterjee	4/15/2011	13
Braelyn	Staudinger	4/15/2011	13
keira	kachur	5/6/2011	13
Kinslee	White	3/2/2011	13

## Fall 2024 Events

Skill Development Sessions (Shooting Development & Ball Control Development)  
Live Play Sessions  
Team Practices  
Strength and Conditioning Sessions  
Program Welcome Meeting (October 6<sup>th</sup>)  
Fall 2024 Elite League  
Controlled 5v5 Scrimmages

## Gym Locations

Dr. Karl A Clark Elementary School 8453 Franklin Ave Fort McMurray, AB T9H 2J2  
St. Kateri Catholic School 301 Sparrow Hawk Dr, Fort McMurray, AB T9K 0P1  
Elsie Yanik Catholic School 331 Callen Dr, Fort McMurray, AB T9K 0X8

## 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 15<sup>th</sup>. Please get in touch with [grace@northerntrailblazers.com](mailto:grace@northerntrailblazers.com) if you have any questions or concerns.

Event Title	Date	Time	Location	Event Details																												
Live Play Session #1	10-2-2024	6:00-7:30 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	4:00-5:30 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	7:00-8:00 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	7:00-8:00 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.																												
Small Group Shooting Development Session #2	10-11-2024	Group 1 - 4:30-5:30 pm Group 2 – 5:30-6:30 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"> <thead> <tr> <th>Group 1</th> <th>Group 1</th> <th>Group 2</th> <th>Group 2</th> </tr> </thead> <tbody> <tr> <td>Koia</td> <td>Keira</td> <td>Capri</td> <td>Braelyn</td> </tr> <tr> <td>Martha</td> <td>Kinley</td> <td>JaDaLane</td> <td>Drushti</td> </tr> <tr> <td>Aurie</td> <td>Gabriella</td> <td>Ciera</td> <td>Sadie</td> </tr> <tr> <td>Jomi</td> <td>Kinslee</td> <td>Anushka</td> <td>abigail</td> </tr> <tr> <td>Athieng</td> <td>Bianca</td> <td>Alejandra</td> <td>Jillian</td> </tr> <tr> <td></td> <td></td> <td>Adrija</td> <td></td> </tr> </tbody> </table>	Group 1	Group 1	Group 2	Group 2	Koia	Keira	Capri	Braelyn	Martha	Kinley	JaDaLane	Drushti	Aurie	Gabriella	Ciera	Sadie	Jomi	Kinslee	Anushka	abigail	Athieng	Bianca	Alejandra	Jillian			Adrija	
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Small Group Skill Development #3	10-15-2024	Group 1 - 7:00-8:00 pm Group 2 – 8:00-9:00 pm	Elsie Yanik Catholic School	<u>Group 1</u> <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>Koia</td> <td>Keira</td> <td>Capri</td> <td>Braelyn</td> </tr> <tr> <td>Martha</td> <td>Kinley</td> <td>JaDaLane</td> <td>Drushti</td> </tr> <tr> <td>Aurie</td> <td>Gabriella</td> <td>Ciera</td> <td>Sadie</td> </tr> <tr> <td>Jomi</td> <td>Kinslee</td> <td>Anushka</td> <td>abigail</td> </tr> <tr> <td>Athieng</td> <td>Bianca</td> <td>Alejandra</td> <td>Jillian</td> </tr> <tr> <td></td> <td></td> <td>Adrija</td> <td></td> </tr> </tbody> </table>	Group 1	Group 1	Group 2	Group 2	Koia	Keira	Capri	Braelyn	Martha	Kinley	JaDaLane	Drushti	Aurie	Gabriella	Ciera	Sadie	Jomi	Kinslee	Anushka	abigail	Athieng	Bianca	Alejandra	Jillian			Adrija	
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U13/U15 Skill Development Session #4	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 Shooting Development Session #5	10-18-2024	Group 1 - 5:00-6:00 pm Group 2 – 6:00-7:00 pm	Elsie Yanik 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"> <thead> <tr> <th>Group 1</th> <th>Group 1</th> <th>Group 2</th> <th>Group 2</th> </tr> </thead> <tbody> <tr> <td>Koia</td> <td>Gabriella</td> <td>Capri</td> <td>Ciera</td> </tr> <tr> <td>Martha</td> <td>Kinslee</td> <td>JaDaLane</td> <td>Anushka</td> </tr> <tr> <td>Aurie</td> <td>Bianca</td> <td>Anushka</td> <td>Sadie</td> </tr> <tr> <td>Jomi</td> <td>Adrija</td> <td>Alejandra</td> <td>Braelyn</td> </tr> <tr> <td>Athieng</td> <td>abigail</td> <td>Keira</td> <td>Jillian</td> </tr> <tr> <td></td> <td>Drushti</td> <td>Kinley</td> <td></td> </tr> </tbody> </table>	Group 1	Group 1	Group 2	Group 2	Koia	Gabriella	Capri	Ciera	Martha	Kinslee	JaDaLane	Anushka	Aurie	Bianca	Anushka	Sadie	Jomi	Adrija	Alejandra	Braelyn	Athieng	abigail	Keira	Jillian		Drushti	Kinley	
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Strength and Conditioning Session #2	10-19-2024	4:00-5:30 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 Lived Session #3	10-21-2024	6:00-7:30 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 U15 Girls
Team Skill Development Session	10-25-2024	7:00-8:00 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	4:00-5:30 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 #6	10-28-2024	7:00-8:00 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 #7	10-30-2024	7:00-8:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Controlled Scrimmage Lived Session #5	11-8-2024	6:30-8:00 pm	Elsie Yanik Catholic School	<u>Program Intrasquad Scrimmage</u> Live sessions put athletes in different situations that they would encounter facing an active opponent.  NTB U15 Girls vs U13 Boys
Strength and Conditioning Session #4	11-9-2024	4:00-5:30 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 #8	11-18-2024	7:00-8:00 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	11-20-2024	7:00-8:00 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 #10	11-25-2024	7:00-8:00 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	7:00-8:00 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 Practice #1	12-2-2024	7:30-9:00 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	7:30-9:00 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.
Team Skill Development Session #12	12-17-2024	7:00-8:00 pm	Elsie Yanik Catholic School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
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 #13	12-19-2024	7:00-8:00 pm	Elsie Yanik Catholic School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
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.