

TRAILBLAZERS



Program Roster

First Name	Last Name	Birthdate (YYYY/MM/DD)
Janelle	Abada	2008-12-24
Chy-Lei	Hunt	2009-07-09
Mlaika	Youaleu-Mbomback	2008-06-23
Tamara	Browne	2007-02-08
Paige	Norrgard	2009-05-08
Tory	Bulbeck	2009-07-10
Kayla	Giroux	2008-02-20
Chiamaka	Chijioke	2009-04-05
Hadassah	Amefule	2008-10-20
Isla	Nicholson	2009-10-03
Alana	Rideout	2009-02-12
Hailey	Yeo	2009-07-30
Elizabeth	Earle	2008-09-23
Kadience	Pastuck	2009-12-27
Nirva	Mehta	2010-12-10
Pressley	Francis	2008-27-5
Jadesola	Isola	2007-10-11
Jayci	Francis	2008-27-5

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)
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 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	7:30-9:00 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	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 #2	10-7-2024	8:00-9:00 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	8:00-9:00 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.			
Group Shooting Development Session #3	10-12-2024	Group 1 - 11:00-12:30 pm Group 2 - 12:30-2:00 pm	St. Kateri Catholic School	<u>Group 1</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 2</u>
				Chy-Lei	Tory	Mlaika	Elizabeth
				Hadassah	Kayla	Tamara	Jayci
				Isla	Kadience	Janelle	Presley
				Alana	Nirva	Paige	
				Hailey	Jadesola	Chiamaka	
Team Shooting Development #4	10-16-2024	4:30-6:00 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.			
Team Shooting Development #5	10-18-2024	7:30-9:00 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.			
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 Live Session #3	10-21-2024	7:30-9:00 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 U15 Boys vs NTB HS 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 Shooting Development	10-27-2024	7:30-9:00 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.
Team Skill Development Session #8	10-28-2024	8:00-9:00 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	10-30-2024	8:00-9:00 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	11-3-2024	6:30-8:00 pm	St. Kateri Catholic School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing
Controlled Scrimmage Live Session #5	11-4-2024	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 U15 Boys 1 vs NTB HS Girls
Controlled Scrimmage Live Session #6	11-6-2024	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 U15 Boys 2 vs NTB HS Girls
Controlled Scrimmage Live Session #7	11-8-2024	5:00-6:30 pm	St. Kateri Catholic School	<u>Program Intrasquad Scrimmage</u> Live sessions put athletes in different situations that they would encounter facing an active opponent. NTB U15 Boys 3 vs NTB HS Girls
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 #10	11-18-2024	8:00-9:00 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	11-20-2024	8:00-9:00 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 #12	11-25-2024	8:00-9:00 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 #13	11-27-2024	8:00-9:00 pm	Dr. Clark Public School	<u>Skill Development Session</u> Sessions focus on developing ball control skills. This includes shooting touch, dribbling, and passing

Small Group Individual Training	12-15-2024	Please see schedule in column to the right	St. Kateri Catholic School	<u>3:00-4:30</u>	<u>4:30-6:00</u>	<u>6:00-7:30</u>	<u>7:30-9:00</u>
				Isla	Kayla	Mlaika	Elizabeth
				Hailey	Hadassah	Tamara	Paige
				Tory	Chiamaka	Janelle	Jayci
				Nirva	Alana		Pressley
				Chy-Lei	Jadesola		
				Kadience			