

## Program Details

This program has been designed to develop basketball in the province at a higher level. The goal of this program is to increase the amount of time spent developing the fundamental skills of basketball. Each participant will receive 50+ hours of high level coaching from some of the best coaches PEI has to offer.



Send registration form via mail to:

*Basketball PEI*

*40 Enman Crescent, Charlottetown, PE C1E 1E6*

Or via e-mail to:

*Info@BasketballPEI.ca*

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

D.O.B (yy/mm/dd): \_\_\_\_\_ School: \_\_\_\_\_

Jersey Size (Circle): S M L XL XXL

Medical Issues: \_\_\_\_\_

Payment Options:

1. Cheque—Make Payable to "Basketball PEI"
2. Cash
3. E-transfer—Send to Info@BasketballPEI.ca

\*Payment is due prior to the first session

## Waiver & Release

We hereby give our consent and approval to the participation of the applicant in the Basketball PEI High Performance Basketball Program and certify the he/she is physically fit to take part in all activities.

Further we do hereby waive, release and forever discharge said organization and it's staff from all claims for damages occurring from accident, injury to person or loss of property during the program.

\_\_\_\_\_  
SIGNATURE PARENT/GUARDIAN

# HIGH PERFORMANCE BASKETBALL

**BASKETBALL  
PEI**

In Partnership with



## Senior Male

(U17)

**Program Objective:** To deliver a program with a consistent and sustained development philosophy that will aid in improving Basketball PEI's competitive position nationally and lead to an increased number of players who can play at the U Sport and CCAA level.

**Participation in this program is a pre-requisite for participation in the 2019 Provincial Team Programs.**

For more information, contact Basketball PEI at (902) 368-4986 or Info@BasketballPEI.ca

## Program Overview



### Fall/Winter Development Program

Ages: Grades 10-12 as of September 1, 2018

Length: 30+ hours of training

Program:

- Various drills, stations, and games that focus on offensive & defensive fundamentals
- One hour per session of full court games
- Off court mental & physical training
- Nutrition education from licensed nutritionist

Cost: \$200 per player (includes BPEI membership & reversible jersey)

## Dates & Details

Dates:

- October 20th - 12-3 PM
- October 21st - 10 AM-12 PM
- October 28th - 10 AM-12 PM
- November 3rd - 1-3 PM
- November 12th - 11 AM-3 PM

\*More dates to be added for the winter/spring

**All Sessions are at Holland College**



Program Features:

- Emphasis on rarely taught fundamentals i.e. rebounding, passing, denying passes & cuts
- All drills will be designed to improve players ability to compete under pressure
- All players will be involved in drills unique to the guard, forward, and post positions
- Emphasis in full court games will be on team play (both offense & defense)

## Staff

Program Director:

**Josh Whitty**

Holland Hurricanes Head Coach

Instructional Staff:

**Trent Whitty**

Holland Hurricanes Assistant Coach

**Ryan Laughlin**

Holland Hurricanes Assistant Coach

**Dale MacIsaac**

Holland Hurricanes Assistant Coach

Additional Staff:

- High School & Provincial coaches in the province
- Guest Coaches from other ACAA & U Sport teams
- Members of the Holland College Men's basketball team will be present for some of the sessions

