

"...Coach Alex was very approachable, kind, motivating, and professional from day one in our building. He exudes a passion for sport and finds value in making learning the skills fun. The students were left wanting more and our school community was grateful for this opportunity!"

~ **Dustine Vivic (Assistant Principal)**
Glen Allan Elementary School

"...The students love the program and are excited each week class comes around! Alex and his staff have been very professional, easy to work with, enthusiastic, and engaging with the students. We are happy to be able to continue having True North Basketball Academy here as a part of our school community!"

~ **Elizabeth Shen (Principal)**
Lynnwood Elementary School

"Students loved the after school program. They were active and having fun the entire time."

~ **Lil Rueck - (Principal)**
Avonmore Elementary School

"Thank you Alex for caring for our students. They have gained much more than basketball skills during your time with them. Can't wait for the next Basketball Academy at our school!."

~ **Kelly Laxdal (Assistant Principal)**
St. Teresa of Calcutta School



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**BASKETBALL
IN-SCHOOL
RECIDENCIES**

• In-School • After-School



We are instructors and former professional Basketball players that have played the game at higher levels and for various successful coaches.

We bring our collegiate, professional playing and coaching acumen to each session.

**AFTER-SCHOOL PROGRAM:
BASKETBALL CLUB**

- Elementary Schools (grades; 3 - 6)
- Junior & Senior High (grades; 7 - 12)
- Open & FREE Introduction session
35 minutes intro session per grade level
- Program starts immediately After-School
75 minutes per day, once a week for 8 weeks
25 students max per program
- \$168.75 +gst per student
- Equipments / Basketballs will be provided

WELCOME TO BASKETBALL IN-SCHOOL RESIDENCIES

CLASSES TAUGHT BY A FORMER PROFESSIONAL BASKETBALL PLAYER AND NCAA DIV. 1 PLAYER

**STUDENTS WILL LEARN THE
FUNDAMENTAL SKILLS OF:**

- Shooting, Passing & Dribbling
- Footwork Lay-ups & Pivoting
- Offensive & Defensive Skills
- Speed & Agility
- Warm-ups, Stretching & Rules of the Game

ADDED VALUES TO STUDENTS:

- Wellness & Self-Confidence
- Improved Social & Academic Skills
- Dedication & Discipline
- Teamwork & Cooperation
- Leadership & Communication

IN-SCHOOL RESIDENCY PROGRAM:

- Elementary Schools (grades; 1 - 6)
- Junior & Senior High (grades; 7 - 12)
- Partial Day Program: \$250 +gst
35 minutes per group / 2.5 hours total
- Full Day Program: \$480 +gst
45 minutes per group / 4.5 hours total
- 5 Days Program: \$2,400 +gst
- 2 Weeks Program: \$4,700 +gst
- 60 students max per session
- Equipments / Basketballs will be provided

*** we are an EPSB Approved Vendor**

