



# Time Out

The Official e-newsletter of Basketball Ontario

Welcome to Time Out, Basketball Ontario's electronic newsletter. Time Out has been made available to you as a member of Basketball Ontario to keep you updated on all of Basketball Ontario current and upcoming programming. Each issue is available on the Basketball Ontario web site at [www.basketball.on.ca](http://www.basketball.on.ca).

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March 2007

## MESSAGE FROM THE PRESIDENT



I realize that by the time you read this, some of you may have already competed in your Provincial Championship weekend. I hope the tournament was everything that we promised it would be and that the players, coaches and parents

thoroughly enjoyed themselves both on and off the courts. I want to thank the many volunteers and the staff of Basketball Ontario for their tremendous efforts.

I want to also take this opportunity to thank our host communities, namely Windsor, London, Scarborough, Niagara Falls, Kingston, Kitchener – Waterloo, Ottawa, Barrie and Sault Ste. Marie for volunteering to host a Provincial Championship weekend. Never before in my 18 years of coaching can I remember so many communities volunteering their time and hospitality to make our Ontario Cup events such a success. Well done!

That being said, it has come to my attention that a group of players, coaches and parents have decided not to participate in the Juvenile Boys Championship weekend... "Sault Ste. Marie is too far to travel"... In my history, I have never had to travel further than Ottawa or Windsor for a tournament, yet we have teams from the east, west and north that travel to the GTA without issue. I have never been more disappointed to hear that this group would choose not to play in their Provincial Championship and selfishly deny themselves and the other teams in the Province the opportunity to play against the best Ontario has to offer. We all have no problem taking our teams to the USA to compete in AAU tournaments in West Virginia, Las Vegas,

Michigan or Florida but ... driving to Sault Ste. Marie is being considered a problem. Sault Ste Marie is only five hours from Windsor, seven hours from Toronto and eight hours from Ottawa. It is a beautiful drive through Northern Ontario or the equivalent of an outlet centre shopping extravaganza through Michigan.

This is my personal invitation to you to join me in Sault Ste. Marie. Nearing the deadline for the U19 Juvenile Boys Ontario Cup Provincial Championships there were 60 teams registered.

To those of you who are coming north to play, I promise you a weekend that you will never forget. There is something for everyone:

**For the players** - you will play in some of the nicest facilities in Ontario with the Championship game being played in the new Steel Back Center. The entire community is excited to watch the best teams in Ontario compete.

**For the Parents** - the City of Sault Ste. Marie is providing reduced hotel accommodations and a Casino package for you to enjoy yourselves when you are not in the stands watching the games.

**For the Coaches** - the Sault Ste. Marie organizing committee has arranged a hospitality suite for all of the Coaches including the Canadian College, University and NCAA Coaches to relax and 'network' between games and after hours.

I sincerely hope that the teams that have not yet registered to compete in Sault Ste. Marie, reconsider their decision and join us all at the Juvenile Boys Championship weekend.

To all of the players, coaches and parent competing at the Provincial Championships somewhere in Ontario, I urge you to take advantage of everything your host community has to offer. This has been a tremendous year! I am so proud of all of you and so proud of everything we have accomplished growing the game of basketball across the Province. Finish strong! Work hard, play fair and have fun.

Good luck and see you on the courts,



Rob Wright  
President, Basketball Ontario

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## ONTARIO CUP RESULTS

### U10 Novice Girls

#### Division 1

Gold Medal – Blessed Sacrament  
Silver Medal – Brantford CYO  
Bronze Medal – Scarborough Blues  
Fourth Place – Oakville Venom  
FUNDAMENTAL Award – Kendra Vanleeuwen #21, Brantford CYO  
Basketball Ontario Hustle Award – Mackenzie Trpcic #00, Blessed Sacrament  
Toronto Raptors Fair Play Award – Tiffany McNeil #4, Oakville Venom

#### Division 2

Gold Medal – Caledon Cougars  
Silver Medal – Transway Basketball  
Bronze Medal – Toronto Triple Threat  
Fourth Place – Tecumseh Saints  
FUNDAMENTAL Award – Nicole Skimming #3, Caledon Cougars  
Basketball Ontario Hustle Award – Savannah Grant #13, Transway Basketball  
Toronto Raptors Fair Play Award – Sherral Wilson #44, Toronto Triple Threat

#### Division 3

Gold Medal – IEM  
Silver Medal – Dundas Dynamo  
Bronze Medal – Brantford CYO #2  
Fourth Place – Blessed Sacrament #2  
FUNDAMENTAL Award – Taylor Allicock #31, IEM  
Basketball Ontario Hustle Award – Hannah McGurk #11, Dundas Dynamo  
Toronto Raptors Fair Play Award – Alexandria Gardi #22, Brantford CYO #2

#### Division 4

Gold Medal – Etobicoke Storm  
Silver Medal – Cambridge Centaurs  
Bronze Medal – Burlington Panthers  
Fourth Place – Hamilton Celtics  
FUNDAMENTAL Award – Georgia Stone #13, Etobicoke Storm  
Basketball Ontario Hustle Award – Taylor White #1, Cambridge Centaurs  
Toronto Raptors Fair Play Award – Lindsay Barnett #13, Burlington Panthers

### U11 Atom Girls

#### Division 1

Gold Medal – Burlington Panthers #1  
Silver Medal – Windsor Valiants  
Bronze Medal – Transway Basketball  
Fourth Place – Guelph CYO #1  
Olympia Sports Camp MVP Award – Angie Trojanovic #15, Burlington Panthers  
Basketball Ontario Hustle Award – Natalie Younan #34, Windsor Valiants  
Toronto Raptors Fair Play Award – Alyssa Barry #12, Transway Basketball

#### Division 2

Gold Medal – Tecumseh Saints  
Silver Medal – Scarborough Blues  
Bronze Medal – Oakville Vytis  
Fourth Place – Toronto Triple Threat

Olympia Sports Camp MVP Award – Olivia Belliveau #23, Tecumseh Saints  
Basketball Ontario Hustle Award – Sara Black #14, Scarborough Blues  
Toronto Raptors Fair Play Award – Danni Nafekh #23, Oakville Vytis

*Division 3*

Gold Medal – Dundas Dynamo  
Silver Medal – Chatham-Kent Wildcats  
Bronze Medal – Wallaceburg Airhawks  
Fourth Place – York South Silver Knights  
Olympia Sports Camp MVP Award – Deanna Khes-Grabiec, Dundas Dynamo  
Basketball Ontario Hustle Award – Devyn Demars #12, Chatham-Kent Wildcats  
Toronto Raptors Fair Play Award – Emily Ros #21, Wallaceburg Airhawks

**U12 Major Atom Girls**

*Division 1*

Gold Medal – Huron Lakers  
Silver Medal – Blessed Sacrament  
Bronze Medal – Windsor Valiant  
Fourth Place – Brantford CYO  
Olympia Sports Camp MVP Award – Sydney Stewart #14, Huron Lakers  
Basketball Ontario Hustle Award – Celina Botls #5, Blessed Sacrament

*Division 2*

Gold Medal – Welland Saints  
Silver Medal – Barrie Royals  
Bronze Medal – Amherstberg Lady Gens  
Fourth Place – Guelph CYO #1  
Olympia Sports Camp MVP Award – Brooklyn Murdoch #4, Welland Saints  
Basketball Ontario Hustle Award – Alex Hay #6, Barrie Royals  
Toronto Raptors Fair Play Award – Robyn Kellam #3, Amherstberg Lady Gens

*Division 3*

Gold Medal – Russell Rockets  
Silver Medal – North Toronto Huskies  
Bronze Medal – Blessed Sacrament #2  
Fourth Place – London Flames  
Olympia Sports Camp MVP Award – Darby Thatcher #23, Russell Rockets  
Basketball Ontario Hustle Award – Rebecca Heaton #23, North Toronto Huskies  
Toronto Raptors Fair Play Award – Toni Ormond #15, Blessed Sacrament #2

*Division 4*

Gold Medal – York Region Avengers  
Silver Medal – Cornwall Lions  
Bronze Medal – Gloucester Wolverines #2  
Fourth Place – Windsor Athletics  
Olympia Sports Camp MVP Award – Jaimee De Boey #35 and Emily Tinnes #45, York Region Avengers  
Basketball Ontario Hustle Award – Sydney Thompson #44, Cornwall Lions  
Toronto Raptors Fair Play Award – Ashley Polacek #9, Gloucester Wolverines #2

*Division 5*

Gold Medal – Milton MadDawgs  
Silver Medal – Welland Warriors  
Bronze Medal – Oakville Venom #3  
Fourth Place – Sarnia Fighting Irish  
Olympia Sports Camp MVP Award – Marina Farik #13, Milton MadDawgs  
Basketball Ontario Hustle Award – Bridget Atkinson #12, Welland Warriors  
Toronto Raptors Fair Play Award – Gendel Militar #23, Oakville Venom #3

**U10 Novice Boys**

*Division 1*

Gold Medal – Blessed Sacrament #1  
Silver Medal – Brampton Blue Devils  
Bronze Medal – Scarborough Blues #1  
Fourth Place – Scarborough Blues #2  
FUNDAMENTAL Award – Justin Andruw #5, Blessed Sacrament #1  
Basketball Ontario Hustle Award – Payton Brown #7, Brampton Blue Devils

Toronto Raptors Fair Play Award – Jasper David #12, Scarborough Blues #1

*Division 2*

Gold Medal – York Region Avengers

Silver Medal – Hamilton Wildcats

Bronze Medal – Toronto Triple Threat

Fourth Place – Eastside Warriors

FUNDAMENTAL Award – Sammy Mallia #3, York Region Avengers

Basketball Ontario Hustle Award – Jordon Sobot #21, Hamilton Wildcats

Toronto Raptors Fair Play Award – Samuel Ivey #14, Toronto Triple Threat

*Division 3*

Gold Medal – Mississauga Marauders

Silver Medal – Lithuanian Athletic Club

Bronze Medal – Barrie Royals

Fourth Place – Oakville Venom

FUNDAMENTAL Award – Kobe Lopez #4, Mississauga Marauders

Basketball Ontario Hustle Award – Ignas Brazdeikis #1, Lithuanian Athletic Club

Toronto Raptors Fair Play Award – Jacob Grace #15, Barrie Royals

*Division 4*

Gold Medal – Peterborough Power

Silver Medal – Port Colborne Hornets

Bronze Medal – Cambridge Centaurs

Fourth Place – Guelph CYO

FUNDAMENTAL Award – Matthew Adamo #23, Peterborough Power

Basketball Ontario Hustle Award – Evan Young #13, Port Colborne Hornets

Toronto Raptors Fair Play Award – Evan Posocco #15, Cambridge Centaurs

**U11 Atom Boys**

*Division 1*

Gold Medal – Blessed Sacrament #1

Silver Medal – Brampton Blue Devils

Bronze Medal – Scarborough Blues #1

Fourth Place – Core City Hoops

Olympia Sports Camp MVP Award – Matthew Trpcic #0, Blessed Sacrament #1

Basketball Ontario Hustle Award – Rayshane Case #23, Brampton Blue Devils

Toronto Raptors Fair Play Award – Jordan Hamilton #23, Scarborough Blues #1

*Division 2*

Gold Medal – St. David Blues

Silver Medal – Mississauga Monarchs

Bronze Medal – Oakville Vytis

Fourth Place – Hamilton Wildcats

Olympia Sports Camp MVP Award – Athen Neale, St. David Blues

Basketball Ontario Hustle Award – Dejan Brisett #23, Mississauga Monarchs

Toronto Raptors Fair Play Award – Kimbal Mackenzie #1, Oakville Vytis

*Division 3*

Gold Medal – Toronto Five-O

Silver Medal – Mississauga Marauders

Bronze Medal – Guelph Phoenix #1

Fourth Place – Blessed Sacrament #2

Olympia Sports Camp MVP Award – Felix Frimpong, Toronto 5-0

Basketball Ontario Hustle Award – Joshua Baker #15, Mississauga Marauders

Toronto Raptors Fair Play Award – Adam McEachern #13, Guelph Phoenix #1

*Division 4*

Gold Medal – Grimsby Grizzlies

Silver Medal – Orangeville Hawks

Bronze Medal – York South Silver Knights

Fourth Place – Eat Gwillumbury Huskies

Olympia Sports Camp MVP Award – Nav Cheema #55, Grimsby Grizzlies

Basketball Ontario Hustle Award – Keegan Feeney #23, Orangeville Hawks

Toronto Raptors Fair Play Award – Ivan Derakhshani #12, York South Silver Knights

## **U12 Major Atom Boys**

### *Division 1*

Gold Medal – Mississauga Monarchs  
Silver Medal – Blessed Sacrament  
Bronze Medal – Brampton Blue Devils  
Fourth Place – CKATT  
Olympia Sports Camp MVP Award – Lesean Anderson #13, Mississauga Monarchs  
Basketball Ontario Hustle Award – Nicholas Burke #1, Blessed Sacrament  
Toronto Raptors Fair Play Award – Lincoln Samuels #11, Brampton Blue Devils

### *Division 2*

Gold Medal – Vaughan Panthers  
Silver Medal – Guelph Phoenix #1  
Bronze Medal – Brantford CYO #1  
Fourth Place – Waterloo Wolverines  
Olympia Sports Camp MVP Award – Tristen Newman #6, Vaughan Panthers  
Basketball Ontario Hustle Award – Jonah Hopkins #6, Guelph Phoenix #1  
Toronto Raptors Fair Play Award – Zoltan Barne #33, Guelph CY #1

### *Division 3*

Gold Medal – Brampton Blue Devils #2  
Silver Medal – Durham City Basketball  
Bronze Medal – York South Silver Knights  
Fourth Place – Oakville Vytis #2  
Olympia Sports Camp MVP Award – Jerome Simpson #33, Brampton Blue Devils  
Basketball Ontario Hustle Award – Darrien Bassett #33, Durham City Basketball  
Toronto Raptors Fair Play Award – Josh Jameer #23, York South Silver Knights

### *Division 4*

Gold Medal – Cornwall Lions  
Silver Medal – East Toronto  
Bronze Medal – Ottawa Shooting Stars  
Fourth Place – Brantford Briers  
Olympia Sports Camp MVP Award – Ricky Despatie #32, Cornwall Lions  
Basketball Ontario Hustle Award – Samuel Smith #23, East Toronto  
Toronto Raptors Fair Play Award – Nick Jordan #23, Ottawa Shooting Stars

### *Division 5*

Gold Medal – Sarnia Fighting Irish  
Silver Medal – Toronto Triple Threat  
Bronze Medal – Orillia Lakers  
Fourth Place – Chatham-Kent Wildcats  
Olympia Sports Camp MVP Award – Damian Shepherd #5, Sarnia Fighting Irish  
Basketball Ontario Hustle Award – Marc Derro #25, Toronto Triple Threat  
Toronto Raptors Fair Play Award – Ryan Whitworth, Orillia Lakers

### *Division 6*

Gold Medal – Tecumseh Saints  
Silver Medal – Central Wellington Celtics  
Bronze Medal – Port Colborne Hornets  
4th Place Winners – Penetang Midland  
Olympia Sports Camp MVP Award – Dario Dawitkcocs #9, Tecumseh Saints  
Basketball Ontario Hustle Award – Ian Newman #33, Central Wellington Celtics  
Toronto Raptors Fair Play Award – Mack Jones #11, Port Colborne Hornets

## **HOUSE LEAGUE SELECT U12 MAJOR ATOM BOYS PROVINCIAL CHAMPIONSHIPS**

Gold Medal – Brampton Raptors  
Silver Medal – Oakville Vipers  
Bronze Medal – East York Thunder  
4th Place Winners – Owen Sound Vikings

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## **2007 PROVINCIAL CHAMPIONSHIP TIMELINES**

April 1                                      Final Ranking and Seeding Meeting  
    Bantam and Major Bantam Girls

For further information on Basketball Ontario programs, please visit  
[www.basketball.on.ca](http://www.basketball.on.ca)

April 1	Final Ranking and Seeding Meeting Bantam and Major Bantam Boys
April 11	Final Submission of Results Midget and Major Midget Girls
April 12	Registration Deadline Midget to Juvenile Boys
<b>April 13-15</b>	<b>Bantam and Major Bantam Girls Provincial Championships</b>
April 15	Final Ranking and Seeding Meeting Midget and Major Midget Girls
April 18	Final Submission of Results Juvenile Girls
<b>April 20-22</b>	<b>Bantam and Major Bantam Boys Provincial Championships</b>
April 22	Final Ranking and Seeding Meeting Juvenile Girls
April 25	Final Submission of Results Midget and Major Midget Boys
<b>April 27-29</b>	<b>Midget and Major Midget Girls Provincial Championships</b>
April 29	Final Ranking and Seeding Meeting Midget and Major Midget Boys
May 2	Final Submission of Results Juvenile Boys
<b>May 4-6</b>	<b>Juvenile Girl's Provincial Championships</b>
May 6	Final Ranking and Seeding Meeting Juvenile Boys
<b>May 11-13</b>	<b>Midget and Major Midget Boys Provincial Championships</b>
<b>May 18-20</b>	<b>Juvenile Boy's Provincial Championships</b>



### **PROVINCIAL TEAM GRADUATES SCORE TOP HONORS AT THE UNIVERSITY OF VERMONT**

Courtney Pilypaitis and May Kotsopoulos have been making some huge strides as freshmen at the University of Vermont. Courtney was a member of Team Ontario in 2002, 2004 and 2005 and was a graduate of Basketball Ontario's Player Development Program (PDP). May played for Team Ontario in 2003, 2004 and 2005 and was also a graduate of the PDP program. Both were on the 2005 Canada Summer Games Gold medal team.

Courtney, in her freshmen year at the University of Vermont, has won seven America East Rookie of the Week honors. She led Vermont in scoring all season, averaging 13.2 points per game. Courtney also ranked among the America East leaders in scoring, rebounding, assists, steals, three-point field goal percentage, three-pointers made and assist-to-turnover ratio.

May made an impact for the Catamounts on the defensive end of the floor. She ranked second on the team in scoring (10.9 ppg), which joins Courtney's average as being one of the best among freshmen of all-time at Vermont. May has also collected 50 steals on the year and shot 42.9 percent from the floor in her rookie season.

In addition to both of their impressive lists of accomplishments, Courtney has also earned a spot on the America East All-Conference Third Team and May became the first Vermont Catamount in the program's history to garner a spot on the America East All-Defensive Team. Both were also unanimous picks for the all-

rookie team and Courtney was a unanimous selection for the Rookie of the Year honour.

Basketball Ontario would like to congratulate both Courtney and May on an outstanding season.



### **TRIANO AND GRAHAM INSPIRE YOUNG BASKETBALL PLAYERS AT MEGA HOOPS MANIA '07**

138 young basketball players from the Mega Hoops Jr. Basketball Club showed up at Ryerson University on Saturday, March 21<sup>st</sup>, to participate in Mega Hoops Mania. Mega Hoops Mania is an annual skill development clinic designed to increase participation and advance skill levels in Ontario's basketball community.

Mega Hoops Mania is the signature event of the Mega Hoops program, which delivers clinics and programs to schools, community centres, after-school programs and summer camps throughout the province.

Special guests to this event were Toronto Raptors Assistant Coach Jay Triano and Raptors second-year forward Joey Graham.

The two were on hand at the 10th edition of this event to inspire young players and give their perspective on what it takes to be successful at the elite level. Triano and Graham fielded questions from those in attendance, shared some of their basketball experiences and introduced a shooting drill.

"Mega Hoops Mania is an incredible way for children to participate in a full-filled basketball

clinic and meet members of a professional sport franchise," commented Jason Jansson, Manager of Educational Programs. "It gives Basketball Ontario the chance to work with eager young individuals and highlights a successful year of clinic and program delivery to the many schools, community centres, after-school programs and summer camps that participate in our Mega Hoops clinics or Basketeers programs."



**Above:** Jay Triano and Joey Graham demonstrate the NBA 2-Ball game at Mega Hoops Mania 2007.

Basketball Ontario also takes this opportunity to acknowledge the sponsorship of Nike Canada Ltd and Wilson. "The support of Nike and Wilson has contributed enormously to the growth of our association and the development of our programs" commented Robert Wright, President of Basketball Ontario.

To see the 2007 Mega Hoops Mania Picture Gallery please visit [www.basketball.on.ca/educational](http://www.basketball.on.ca/educational) and look under Mega Hoops Mania.

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### **ICO'S REVOLUTION BALL GOES OBA**

*By Mueni M. Kithuk*

Being a part of the Ontario Basketball Association (OBA) is something many basketball teams in Ontario only dream of, and

for the Revolution Basketball Teams, it's a dream come true.

The affiliation with the OBA happened in January this year and has brought a lot of excitement to both the junior and senior teams.

"I am excited about the OBA affiliation because...membership allows a greater commitment to the players..." said Seun

Jegade, the senior team coach. "It also allows a more regular avenue for us to play with other disciplined teams through a wide range of neighbourhoods in the GTA."

According to John Knight, the junior team coach, this affiliation has given the team more respect in the basketball community and has impacted the players in a big way. "The kids' attitudes have improved greatly," he said. "They are more respectful, are willing to work much harder and team chemistry has improved."

The main purpose of the basketball program is to shape the lives of young men by teaching them life principles through basketball.

"[Basketball] means the world to these boys and since it is a constructive skill, we want to

provide it while teaching the realities of life along the way," said Knight. "I want them to have a deeper respect for authority figures, themselves, and each other."

Asked what he wanted to see come out of the basketball program, Jegede responded, "I want them to have a clear viewpoint on life and see that they are moral agents who are responsible for influencing their world instead of being shaped by it."

The junior team consists of 10 players aged between 13 and 15 years, while the senior team comprises 8 players, all between 15 and 16 years old.

*(Courtesy Inner City Outreach Newsletter, Spring 2007)*



## **LONG TERM ATHLETE DEVELOPMENT**

*By Michele O'Keefe, Chair, Provincial Advisory Council*

Let's consider the definition of intent. The dictionary says: "something that is intended; purpose; design." Some synonyms are aim, objective and meaning. I would suggest that if something is done with intent, then some thought was given to it and likely forethought and planning.

The long-term athlete development (LTAD) model has been written, re-written, examined, investigated, tested and is now in implementation mode. It's a model that has been endorsed by Sport Canada, Canada Basketball and Basketball Ontario. The first phase of the LTAD is titled "Health of the Nation" and it targets 5-7, 8-9 and 10-11 year olds.

Nothing has been clearer in a very long time. I think it's fair to say there is design and intent with this endeavour.

I know there have been many sceptics questioning the intent of the change to FIBA rules. Most people will agree that one set of rules is to the benefit of all. The biggest debate has been "why FIBA?"

What's the alternative? Federation rules is likely the most predominant rule set in Canada, next to FIBA. But those rules do not have the same progression for young player development that FIBA has already in place.

FIBA rules for young players and the long-term athlete development model go hand-in-hand. When the athletes are younger, it's imperative that they get more touches of the ball. Equal participation is vital

There's a club in Nova Scotia, I understand, that is playing 4-on-4 at this age bracket and the kids are loving it. They get to touch the ball much more often than they do in 5-on-5. What can be better than that? No one has any fun playing full-court 5-on-5 and never touching the ball. I don't know any adults who do. Why would we expect the children to enjoy that?

In the LTAD, FUNdamentals have been designed with the 5-7 and 8-9 age groups in mind. 5-7 year olds should be learning movement through basketball – fundamental movement skills including pushing, pulling, twisting, bending, lunging and gaits. Basketball skills are introduced through playground games – nothing formal or overly structured.

The technical learning at this age is when to shoot, pass or dribble or when to play offence or defence. The strategy is simple game teaching through modified games.

There sure is no need for tactics with this age.

Next are games through FUNdamentals. The target audience here is 8-9. Basketball skills are used to teach fundamental movement. Ball handling, passing, receiving and shooting are taught in this phase. 20% of the technical learning is on individual skills – when should I shoot? When should I dribble? 10% is on multi-player skills like passing.

The strategy is quite simple – equal playing time in modified games using modified rules. This is where the FIBA Rules for young players should be introduced. In Ontario, we use the equal participation rule, a modified game and no zones inside the three-point line. Coaches, officials and administrators have to work together to ensure that the spirit of the rules is adhered to. Too many coaches try to play on the edges of the rules to gain an advantage.

When our athletes are 10-11 years of age, they are in the Learn to Train phase. In this stage they are learning basic basketball skills while emphasizing fundamental movement skills. As it's still an early entry point for many children, the approach must be global development. Athletes must learn how to dribble with their right and left hand and understand when/why they would change hands. Multi-player skills such as "when should I cut for the ball" should be introduced here.

The strategy of equal participation continues through this time. This is where the athletes become more aware of basic offence and defence.

The ONLY time there are tactics involved with this age is in short-term adjustments made to enhance the learning of the skills of the game and to allow players to cooperate in a competitive environment. At no time should a coach be trying to win by taking advantage of the level of play.

While these LTAD concepts are still new to most, the intent is quite obvious – the athletes need to have more fun and begin their lifetime passion for the game (hopefully).

One of our coaches in Ontario, who coaches an atom girls team, is a firm believer in the development of the global basketball player. During this past season, he's had a lot of growing pains as he picked six new basketball players for his team this year – brand new to the game. One of the biggest compliments he received about this team was that others had difficulty matching up with them because they

were so deep. This coach's reply was "Develop them all is my motto. You never know who is going to have to make a play, and they all need the skills to do it."

His strategy of making sure that all the girls learned the same skills and that everyone had a green light to try something new, paid off in the end.

"Games and contests at practice help keep it fun, and help to make sure that everything is done at game intensity. We shot 22% on the season, but got lots of good shots every game, so we were patient and confident that when they started making shots, things would fall into place. On defence, once we taught them to help (only when the on-the-ball defender NEEDS help), and recover, we were good to go."

My soapbox diatribe for today is patience. If you can trust that it's long-term athlete development that we're all aiming for – no matter the level of play – the "new" way really has shown to be successful – notice the quotations around the word new. The intent is to expand the number of athletes playing basketball in Ontario and Canada, in a healthy and progressive way.

The most difficult teams to play against are the ones who are unpredictable. If we teach the athletes the FUNdamental skills and teach them to read the defender rather than running set plays, I guarantee that the athletes will have more fun, it'll be more fun to coach and basketball will develop at an incredible pace.

There are many coaches who love the tactical part of the game of basketball. Who can blame them? We all love to sit around and talk about last night's Raptors' game and the decisions that Coach Mitchell made in the crunch.

But, if you're a coach who has 10 inbound plays, three different full court defences and far too many offensive sets, then you should not be coaching 5-11 year old athletes.

A wise man once said to me, "If you're being paid to coach, then your sole goal is to win championships. If you're a volunteer then your role is to teach."

LTAD is much more than developing basketball players. I think we can see by the title of the first phase, Health of the Nation, and by all the news reports we read in the paper or see on

television, the health of Canada is in a quandary.

This doesn't refer only to physical fitness. The Health of a Nation also includes the social and emotional spirit of the young athletes and their supporters. It's often said that sport develops character. While this is true, it also reveals character.

It will be a wonderful day when we have every child participating in some sort of activity. But what damage does it do when we have parents or coaches screaming at the athletes or at

each other? What image does that portray? We all know it's wrong to holler and say nasty things but yet so many of us can't seem to stop.

That's a story for another day.

There have been many success stories this year with the coaches, teams and clubs that have bought into the Long Term Athlete Development model. And with a little patience and thought for the intent of these guidelines, it will quickly become a great epidemic.



## **PLAYER DEVELOPMENT PROGRAM OFF TO A SUCCESSFUL START WITH LONG TERM ATHLETE DEVELOPMENT**

On Sunday March 25th, 2007 Basketball Ontario held its annual Player Development Program (PDP) coaches meeting. With the many new changes being implemented for the 2007 camps including a camp offense based on Provincial and National team development; an increase in practice hours with a 75% emphasis on skill development; and a player draft prior to the start of camp there was a lot to cover but a buzz of excitement was still present amongst the coaching staff.

Mike MacKay, Manager of Coach Education and Development for Canada Basketball was on hand to give coaches a presentation on Long Term Athlete Development (LTAD) and FIBA

implementation. PDP coaches were then introduced to the camp offences and given various break down drills they could implement at tryouts and practices by our 2007 Provincial team coaches.

Carolyn Johnson, JDP Central Women's head coach tried out some of the new drills she learned at the meeting on her current Juvenile girl's team practice and had the following to say, "These drills easily fit into my existing system, and my girls were energized to be working with concepts that CP athletes and provincial team players already work with; it was a good incentive! It's always good to be re-motivated as a coach and to approach some fundamentals a little differently from before! Although it made for a lengthy meeting, it was good to see your vision for the upcoming BDP/MDP/JDP and Provincial teams. I'm sure there will be many bumps along the road to change...but I do believe that we are heading in a good direction!"

Basketball Ontario would like to thank all coaches who attended the meeting and look forward to a successful 2007 PDP program.

### **LETTER TO THE EDITOR**

Hi there~

My name is Justine Fletcher, and I was the lucky winner of the basketball t-shirt signed by Joey Graham and Jay Triano! I would like to thank you very much for this wonderful prize! I had a great time at Mega Hoops Mania, and will definitely be attending it next year as well. I enjoyed everything about the basketball clinic, and I believe that you did an amazing job of coordinating it! Hope to see you again next year, and feel free to email me back! Thanks again!

Justine Fletcher

P.S. I play basketball on an OBA team, and I love it!

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