



MARCH BREAK 2024 CAMP

Potential Camper and Parent,

Welcome to the 2024 JUEL March Break Basketball Camp. The Camp will be held at Humber College – Woodbine Campus on March 11 - 15, 2024, 9:00am – 3:00pm each day. The Camp is designed with the individual person in mind and will focus on Player and personal skill development and fine tuning. Not only will the athlete get direction from some of the top basketball development Coaches, they will learn personal skills designed with managing all aspects of their lives as Student/Athletes.

The Camp is open to all female basketball Players from U14 to grade 12, but priority will be given to JUEL, JUEL Prep and JUEL Academy Players with a maximum of 50 Campers accepted.

During the Basketball season Coaches tend to focus on team concepts in preparing their Players for competition. More team and less individual development may come with sloppy skills and the potential to develop bad habits. It's really important that Athletes continue to develop all of their skills and learn new ones. Understanding efficient ways to complete specific skills and why so they gain an advantage over their competition.

The Camp is set up to maximize the learning opportunities and development while maintaining a balanced approach to work, rest ratios.

Coaches

- **Andrew Taylor – Elite Basketball Trainer/Life Coach/Scout**

With over two decades of dedicated experience working alongside varsity, college and professional basketball players, Andrew has consistently demonstrated his ability to cultivate athletic excellence. He embarked on his journey as a student-athlete at Florida Southern College, where he seamlessly combined academic excellence with a Division 2 Basketball Full Scholarship and a Cum Laude graduation.

Drew's illustrious basketball career saw its inception when he assumed the role of Head Coach at Kathleen High School in 1999. Over the course of 11 years, he achieved a remarkable lifetime record of 234 wins and only 42 losses, a testament to his coaching prowess. His accomplishments did not go unnoticed, and from 2002 to 2013, Drew served as a Analyst, Scout, and Coach with Nike Elite Basketball (USA), where he assessed NCAA players and played a pivotal role in training top prospects. His journey also included a significant milestone in 2002 when he led the USA Basketball Men's Youth Development Festival team to a gold medal victory.

Awards & Memberships

- USA Basketball Gold Standard License Coaching Certificate, in good standing (2018-present)
- National Association Basketball Coaches (NABC), member in good standing (2000-present)
- NCAA Final Four Conference attendee (2002-2019)
- "Outstanding Senior Award" (1997), Florida Southern College Alumni Association
- "Outstanding Physical Education Major" Award (1997)
- 3-Time Florida 4A State Coach of the year (2002, 2003, 2005)
- 3 Florida 4A State Final Four Championship Appearances (2001, 2002, 2004)
- Florida 4A State Champion Basketball Coach (2001)
- 4-Time Coach of the Year, Polk County (2001, 2002, 2005, 2007)
- 4 District Championship titles in 8 years (2001, 2002, 2005, 2007)
- Central Florida Senior Classic Head Coach (1998, 1999)

Notable Players

- Amare Stoudemire, NBA
- Kevin Love, UCLA/NBA

- Ty Lawson, University of North Carolina
 - Chris Richards, University of Florida/NBA
 - Vakeaton 'Von' Wafer, NBA
 - Travis Outlaw, NBA
 - Dominique Davis, Boston College/NFL/CFL
 - Albert McClellan, Marshall/NFL
 - Rashad Anderson, University of Connecticut
 - Marcus Capers, Washington State
 - Jameson Curry, Oklahoma State
- **Fergy Neves – Sultan Prospects**
Fergy began coaching basketball at the age of 19 and is one of the founding members of the Mississauga Monarchs. Coached boys for 17 years then made the transition to the girl's game in the late 90's.

He has Coached at the Club level with the Mississauga Monarch and Jamestown Jazz (Program funded by the Metropolitan Toronto Police) as well as the High School level with St. Joseph's Catholic and St. Marcellinus Catholic.

In 2001 he started his own club named Sultan Prospects and was fortunate to work with many exceptional basketball Players, some who represented Canada on the Women's Senior National team. That same year Fergy became the Canadian Ambassador for YBOA (Youth Basketball of America) where he built relationships with international groups.

Many of Fergy's former Players went on to play south of the board in the NCAA as well as stay in Canada to play at the University and College levels.
- **Alex (Kwiecinska) Kay – Florida Gulf Coast University**
Alex completed her undergraduate degree in Sport Management while playing under Karl Smesko at Florida Gulf Coast University. Upon her graduation, her passion stayed with basketball, which led to her Coaching career at the College and Rep levels.
- **Guest Coaches**
JUEL and JUEL Prep Coaches are welcome to volunteer at the Camp to help with drills. There is always a benefit to working with different individuals and exchanging knowledge while contributing to the development of Athletes. Any interested Coaches should advise the league office in advance at info@juel.ca. Although the Coaches will not be compensated, they will benefit and may learn different concepts and teaching tools. The Coaches will be provided lunch each day and receive a JUEL Golf shirt.

Presenters

While basketball specific development and fine tuning will be the main focus during the week, the Camp will include other aspects of an Athlete's life and managing it properly. It's important that all athletes work on their sport, but also have a plan in place to help achieve their goals; getting an early start is a huge advantage for any athlete. After each lunch the Camp will host a different presenter covering important topics, some listed below:

- **Play it Forward**
We are pleased to include the Play It Forward Program by Girls Play Too in our camp this session. This is a new program that helps athletes to identify their goals and pathways. The Play It Forward Program uses a methodical approach to enable athletes to plan for success in two steps.
 1. **The Pathway Resource** - outlines the constantly evolving opportunities for girls in basketball in Ontario.
 2. **Grow Your Game** - is a proprietary system which guides athletes through self-reflection, provides professional advice and enables strategic personal planning at any time of the year.

The Play It Forward Program will be run over the lunch periods on Monday March 11 and Tuesday March 12. Play It Forward is led by Coach Danielle Chateau, Co-Founder of Girls Play Too.

- **Capacity Creator – Melanie Sodka**
During this session, attendees will experience a new level of self-awareness around topics such as the realities of *multitasking*, *burnout prevention* and contributing to an environment of *'sustainable ambition'*. Content will focus on **supporting individuals** on how to reach their goals within a sustainable way.

Throughout her session, Melanie will **facilitate inspiring learning moments**, through examples & powerful storytelling, that will allow participants to leave with **actionable resources** and new ideas to help manage their capacity as well as their team's energy for increased productivity.

Attendees will have access to **digital content** to interact with during the session as well continued access to share with their teams for ease of implementation and applicability post-session.

Melanie will present on Wednesday March 13.

- **Basketball specific warmup, training skills – Willie Middlebrooks**

Willie Middlebrooks is a former NFL and CFL cornerback and current personal trainer with Athlete Performance Institute. He holds a degree in Kinesiology from the University of Minnesota. As a former All-American Willie was drafted in the 1st. round of the NFL Draft by the Denver Broncos and played six years in the NFL before moving to the Toronto Argonauts in the CFL.

Willie will put the Campers through a basketball specific workout and teach proper training techniques.

Itinerary

Although teaching topics will change each day, the daily schedule will remain fairly consistent as listed below:

- **9:00am – 9:45am** - Stretching and warmup
- **9:45am – 11:45am** - Individual Skill development
- **11:45am – 12:15pm** – Lunch
- **12:15pm – 12:45pm** – Guest Speakers
- **12:45pm – 1:15pm** – Stretching and warmup
- **1:15pm – 2:00pm** – Team concepts/understanding strategies
- **2:00pm – 2:45pm** – Competition – 1 on 1, 2 on 2, 3 on 3
- **2:45pm – 3:00pm** – Cool down
 - o **Notes:**
 - Gatorade and cups will be available during the Camp
 - Campers must bring their own lunch each day

Topics

- **Footwork** – Offensive and Defensive, proper pivots
- **Dribbling** with purpose
- **Reading your opponent** and attacking their weaknesses
- **Passing** – when, where, how
- **Shooting** – fundamentals, establishing your shooter's pocket and developing consistencies
- **Boxing out/Rebounding** – establishing early
- **Posting up** – establishing early
- **Defensive concepts** – footwork, taking a charge
- **Communication** with your teammates, Coaches and parents
- **Preparing** for the next level

Cost: \$350.00 per Camper (includes reversible jersey) – e-transfer payment to be sent to info@juel.ca

- **Note:** 2 or more Campers from the same family - \$300.00 each

Molten Ball: Campers can purchase a BG4500 Molten Composite Ball – **Cost:** \$50.00

Dates: Monday March 11 – Friday March 15, 2024

Location: Humber College – 205 Humber College Boulevard, Etobicoke, Ontario, M9W 5L7

Time: 9:00am – 3:00pm each day

Registration Includes: Reversible Jersey, Insurance, Access to Certified Therapists, Awards

Registration deadline: Friday March 8, 2024

Maximum Campers: 50

Notes:

- When registering each Camper must provide the following:
 - o Full Name
 - o Mailing Address including postal code
 - o Reversible Jersey size (ladies cut, the jerseys tend to fit smaller)
 - o Yes or No for the Molten BG4500 Basketball
 - o Preferred playing position
 - o Skill set(s) the Camper would like to focus on
 - o Team they currently play on

We look forward to working with Athletes who are looking improve as basketball players and people and are excited to build this into an annual Camp.