

Basketball Academy

Quick Summary:

This intensive theme is an exploration of careers in the sport of Basketball. We'll look at what it takes to be a player, coach, or ref at the high school level and beyond.

Intensive Theme Description:

In this week, students will be exposed to the rigor of training like a basketball player. You will learn how to improve your fitness levels to compete against increasingly bigger and faster athletes. We'll also spend time with high level University and National coaches to hear what it takes to become a coach at the highest levels in Manitoba and Canada. Finally, we'll have an opportunity to blow the whistle and explore the opportunities that exist for you to make some money as a referee in the LRSD.

Learning Objectives:

- Students will discover careers that center around the sport of basketball.
- Students will be exposed to high level coaches, trainers and officials that will share their expertise and stories about their careers.

Activities:

Students will experience several of the following sports (depending on weather and availability)

- Basketball
- High Level training at U of M, U of W, and elite training facilities

Students who wish to participate in this intensive theme should:

- Come prepared to participate in discussions, hands on activities and lectures
- Be full of a sense of adventure, and be willing to explore new places.
- Be ready to sweat and work hard on most days.

Fee: \$20