



**CELEBRATING 25 YEARS AT CAMP!**  
**NEWSLETTER WEEK 3**

**JULY 3 - 7**

**“ VERY STRONG TWO LETTER WORDS:  
IF IT IS TO BE, IT IS UP TO ME ”  
- TREVOR WILLIAMS**

**TREVOR**  
**WILLIAMS** **KIDS**  
**F O U N D A T I O N**





# WEEKLY COMPETITION WINNERS



## PEE WEE

Rapid Fire : Yitzhak Minciotti  
Free Throws : Alex Odenigbo  
Skills : Simon Alloul



## NIT

Rapid Fire : Darnell Corby  
Free Throws : Noam Marciano  
Chicken : Haya Theodori

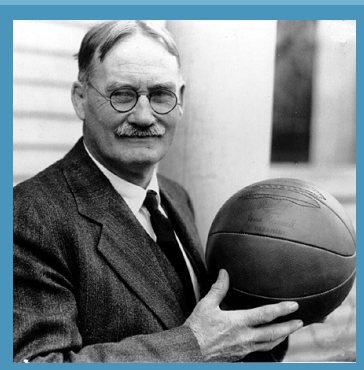


## NCAA

Rapid Fire : Aaron Lasry  
Free Throws : Danush Sampath  
Chicken: Jasmyne Bluteau



## DID YOU KNOW?



Although it is not widely known, basketball was invented by a Canadian in 1891! Dr. James Naismith, from Almonte, Ontario, thought out the game while giving a physical education class at the international YMCA training school in Springfield, Massachusetts. He wanted to create a new sport that could be played indoors during the winter to keep the athletes active. The first-ever basketball game was played by at least ten university-level players from Quebec.

## THE BIG RED

In January 2011, Jason Peagram, a dedicated and beloved member of the Trevor Williams Kids Foundation family, lost his life to an act of senseless violence. Jason was a young man with tremendous potential. He was a Concordia student, majoring in Economics, and a graduate of Lower Canada College, as well as a spirited leader and athlete. As a Trevor Williams Kids Foundation volunteer, Jason was an outspoken advocate against bullying. He witnessed the anguish created by bullying amongst his peers in elementary and high school and had no tolerance for this kind of aggression. Jason is remembered as a person who always stood up for the underdog. Out of this tragedy came an important lesson and a potential for change in attitudes, actions and possibilities.

To keep his memory alive, his family and friends came together to create the Jason Peagram Fund. The fund's sole purpose is to support the Chill Zone, an anti-violence, anger management and anti-bullying program offered by the Trevor Williams Basketball Academy. In February 2012, Jason's contemporaries created The Big Red; an evening filled with heart. The annual fundraising initiative is dedicated to all those who have lost, or taken their own lives, because of bullying.



## FAMILY ON AND OFF THE COURT

Emma and Maya are two sisters attending camp this week! Emma is 15 years old and attends Royal West Academy. Maya is 12 years old and goes to St. George's School. The two sisters love to practice



basketball together at home. They both play on their school's team. Emma's favorite basketball player is Stephen Curry. Although Maya doesn't have a favorite player, she likes to cheer on the Toronto Raptors. Maya said this week she learnt to adjust her shooting strength depending on her position on the court, while Emma learnt about zone defence.



## DAILY SCHEDULE

9:00	Camp start
9:30 - 10:00	Warm-up and stretching
10:00 - 11:00	Shooting, dribbling and passing techniques
11:00 - 12:00	Stations
12:00 - 1:00	Lunch
1:15 - 1:30	Guest speaker and game history
1:30 - 2:00	Video activity
2:00 - 3:45	Game time
4:00	Camp end

Stations include: lay-ups, dribbling, passing, shooting, defence, strength, cardio, agility  
Guest speakers include: professional athletes, nutritionists, motivational speakers

Things to bring to camp:

- Lock
- Two pairs of socks
- Peanut-free lunch
- Refillable water bottle
- And a burning desire to be a better basketball player!



**DON'T FORGET YOUR CAMP SHIRT ON FRIDAYS!**

## THE TEAM

### NICK



**STAFF**

Coach Nick is 21 years old and studies Economics at Concordia University. Nick has been playing basketball since he was six years old; he now plays for the Concordia Stingers. His love for basketball and teaching children brought him to be a counsellor at the Trevor Williams Basketball Academy this summer. In the past, he was a counsellor at the Concordia Stingers Camp, but he prefers teaching basketball because he plays it everyday. Nick says his favorite part of being a coach is to see his NCAA players applying what he taught them and succeeding. He loves to see his campers improve on their basketball skills over the course of the week at camp.

### ANDREA



**CAMPER**

Andrea is one of our Peewee campers this week! She is 7 years old and goes to Saint-Léon School. Rita is coaching her this week. Andrea decided to come to the Trevor Williams Basketball Academy because her friends also attend the camp. This week, she learnt to shoot and has been getting better at it. Apart from playing basketball, Andrea loves to dance in her free time. Older, she wants to become a doctor.

# THIS WEEK IN PICTURES





Facebook

Trevor Williams Kids Foundation



Instagram

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@TWKF\_MTL



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### MORE ABOUT US

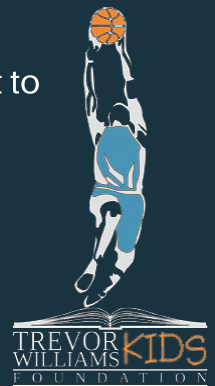
The Trevor Williams Basketball Academy is a co-ed instructional basketball camp that caters to children aged six through eighteen. We aim to improve the campers' skills, fitness level, team play and sportsmanship. We are committed to providing a safe, fun and educational environment for all.

Camp goes from 9AM to 4PM Monday to Friday, with sessions running from June 19th to August 11th. Health professionals are constantly around for support and guidance for the campers and staff.

### CONTACT US

For further inquiries, information as well as dates, fees and registration, it is easiest to visit our website or contact us via e-mail [twkf.com](http://twkf.com) or [info@twkf.com](mailto:info@twkf.com)

You can also reach us by phone at Dawson College by calling 514-931-8731 (ex. 4513), but it may take us more time to get back to you.



#### Dawson College

4001 de Maisonneuve W., Montreal, H3Z 3G4

#### James Lyng High School

(NBA division, campers from ages fifteen to eighteen)  
5440 rue Notre Dame W., Montreal, H4C 1T9



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POUR L'ENFANCE

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