



CELEBRATING 25 YEARS AT CAMP!
NEWSLETTER WEEK 4
JULY 10 - 14

**“ PROPER PREPARATION PREVENTS
POOR PERFORMANCE ”**

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





WEEKLY COMPETITION WINNERS



PEE WEE

Rapid Fire: Kendi Antoine
Free Throws: Kendi Antoine
Skills: Jacob Flint



NIT

Rapid Fire: Charles Shen
Free Throws: Jermaine Edwards
Chicken: Jonah Resnick



NCAA

Rapid Fire: Laetitia Jeanty
Free Throws: Jean Paul
Chicken: Enzo Bascunan



NEW AT CAMP: NAISMITH FRIDAYS!

As a celebration of the camp's 25th anniversary and Canada's 150th, the Trevor Williams Kids Foundation introduces Naismith Fridays: a day filled with fun activities for campers every Friday in honour of Dr. James Naismith, fellow Canadian and inventor of basketball! Naismith was born in Almonte, Ontario and studied physical education at McGill University. He was a physical educator, physician, chaplain, sports coach and innovator. In 1891, Naismith designed a game at the International YMCA Training School in Springfield, Massachusetts. It eventually became the game of basketball we know today.

We invite parents and friends to join us at camp every Friday afternoon to participate in the Naismith Friday activities! You can watch championship games, the Staff vs. Campers game and our award ceremony! Come down to the gym starting at 1:30 PM!



THE BLUEHOUNDS

The Bluehounds summer program was co-founded in 2003 by Trevor Williams, Dawson College Women's Division 1 Basketball coach and director of the program. Bluehounds Summer Basketball Program has paved the paths for many prospective Montreal Basketball players. Many athletes have received full scholarships to some of the top universities in Canada and the United States thanks to the program. Past graduates of the Bluehounds Summer Program come back every summer to coach or assist the TWBA.

NCAA

DID YOU KNOW?

The National Collegiate Athletic Association (NCAA), which is the breeding ground for the biggest NBA stars, had officially banned slam dunks between 1967 and 1976!

FAMILY FIRST

Meet May, 10 years old, and Lyne, 6 years old! The sisters are back again this summer at TWBA! This week, Ryan is coaching May in NIT and Rita is Lyne's coach in Pee Wee. So far this summer, the girls have learnt to shoot better and said they are improving their passing techniques. Lyne's favourite memory at camp was winning a medal last week, while May's was winning the championship with her team. When they get older, May would like to be a scientist and Lyne wants to pursue medical studies.



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

FRANKIE

University of Ottawa student, Frankie, is coaching in the NCAA division at the Trevor Williams Basketball Academy this summer. The 19-year-old played basketball in high school, in intercity leagues, in the United States and also for the Dawson College team. She likes to coach children and to train them to be better athletes, which is why she's a counsellor this summer. Frankie says the hardest part of her job is to get the players to focus on their drills and to not get distracted by their friends. She has learnt to be more patient since she started working with the NCAA players this summer.



STAFF

JONAH

Jonah is 10 years old and a part of our NIT players this week at camp! His coach is Robertha. His favourite memory at camp is winning the chicken competition this week. Something funny that happened to Jonah this week was when one of his teammates got dizzy during the skill competition and he fell on someone else! His favourite basketball player is Stephen Curry. Jonah not only plays basketball, he also plays baseball and football. In his free time, he likes to swim and play basketball. Later in life, Jonah wants to be a professional basketball player.



CAMPER

THIS WEEK IN PICTURES





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MORE ABOUT US

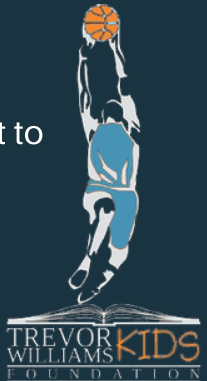
The Trevor Williams Basketball Academy is a co-ed instructional basketball camp that caters to children aged six through eighteen. We aim to improve the campers' skills, fitness level, team play and sportsmanship. We are committed to providing a safe, fun and educational environment for all.

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 or 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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Helping Kids Rise Above

