

## A DAY AT THE CAMP

- Camp Start • 9:00
- Warm up & Stretching • 9:00 - 9:15
- Stations • 9:15 - 10:30  
(Agility, Strength, Cardio, Shooting, Defense, Dribbling, Passing)
- Games • 10:30 - 12:00
- Lunch • 12:00 - 1:00
- Guests & Game History • 1:00 - 1:15
- Competitions • 1:15 - 1:30
- Video & Audio Activity • 1:30 - 2:00
- Game Time - Camp End • 2:00 - 4:00



## "Each one, teach one"



### Trevor Williams

- Canada's Olympic Basketball Team '92 - '93
- NCAA Basketball Scholarship
- CEGEP Provincial Championships 2002, 2009, 2010, 2012
- CSCA National Coach of the Year

### Wayne Yearwood

- Professional basketball player Switzerland, Israel, Germany
- Canada's Olympic basketball team
- Provincial and National Champs 2007

### Dean Smith

- Coach ECS Juvenile Girls
- Dawson Community Bantam girls
- Program Instructor: St. Georges, YMCA, LCC, The Study, Roslyn

Bluehounds: Competitive travelling teams to Canadian CIS and NCAA sanctioned tournaments.

TREVOR WILLIAMS

# T W B A

## BASKETBALL ACADEMY



[www.twkf.com](http://www.twkf.com)

Fundamental Instructional Basketball  
For Boys and Girls 6-18 years of age  
\*ELITE 13-18 years

Contact:

Office Cell - 514.241.7353

Trevor - 514.932.4340

Dean - 514.266.9200

Location:

Dawson College

4001 de Maisonneuve W, Montreal, H3Z 3G4

\*\*James Lyng High School - ELITE

5440 rue Notre Dame W., Montreal, H4C 1T9

## THINGS TO BRING TO CAMP

- A Lock
- Two Pairs of Socks
- A Lunch, refillable water bottle, snacks
- A burning desire to be a better basketball player!

## PAYMENT

**Early Bird Special**  
 \*If you register before May 9, 2019\*

1st child - \$200.00  
 Additional child - \$185.00

**Cost**

1st child - \$215.00  
 Additional child - \$195.00

## INDIVIDUAL TRAINING SESSIONS

For Boys and Girls, 13 to 19 years of age  
 3 days per week (Tuesday, Wednesday, Thursday)  
 7:30-8:30 AM or 4:30-5:30 PM  
 \$60 for 3 days (\$20/day) Campers  
 \$120 for 3 days (\$40/day) Non-Campers



**Trevor Williams Vs. Magic Johnson**

## CAMP DATES 2019

- 1. June 24<sup>th</sup>, to July 28<sup>th</sup>
- 2. July 1<sup>st</sup>, to July 5<sup>th</sup>
- 3. July 8<sup>th</sup>, to July 12<sup>th</sup>
- 4. July 15<sup>th</sup>, to July 19<sup>th</sup>
- 5. July 22<sup>nd</sup>, to July 26<sup>th</sup>
- 6. July 29<sup>th</sup>, to August 2<sup>nd</sup>
- 7. August 5<sup>th</sup>, to August 9<sup>th</sup>

## SKILL DEVELOPMENT

- Offensive Basketball • Defensive Basketball •
- Passing • Dribbling • Position Play •
- Individual Intensified Play •
- Fitness • Nutrition •



The TWKF sponsors approximately 60 under privileged kids a week to come to camp. Help us keep these kids off the streets.

**Camp Visitors:**

- Steve Nash - Los Angeles Lakers (NBA) , Golden State Warriors
- Joel Anthony - Detroit Pistons (NBA) , Miami Heat (NBA), San Antonio Spurs (NBA)
- Jay Triano - Portland Trail Blazers (NBA) , Team Canada Coach
- Montreal Alouettes Football Players

**Academy Graduates:**

- Kris Joseph - Syracuse University
- Khem Birch - University of Pittsburgh
- Lizanne Murphy - Hofstra University/Team Canada Sr.
- Ryan Rosnaki - Assumption University/ Team Canada Jr.
- Kyle Desmarais - McGill University Coach, Bishops University
- Sophie Beaudry - Boston University/ Team Canada Jr.
- Sarah St Fort - University of Toledo

**Get in the game!**

## REGISTRATION

Please fill out the form and return it to us or register online at [www.twkf.com](http://www.twkf.com).  
 For more information please call :

514.241.7353 514.932.4340  
 514.266.9200

Family name: \_\_\_\_\_

Given name: \_\_\_\_\_

Sex: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Cell Phone \_\_\_\_\_ :

School: \_\_\_\_\_

Home telephone: \_\_\_\_\_

Medicare Number: \_\_\_\_\_

• • • • • • •

Name of parent: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal code: \_\_\_\_\_

Parent email: \_\_\_\_\_

Parent phone number: \_\_\_\_\_

Method of payment: \_\_\_\_\_ Cheque  Cash

Amount paid: \$ \_\_\_\_\_

Yes, I want to sponsor a child: \$ \_\_\_\_\_

I allow my child to be in pictures: Yes  No

Make checks payable to:  
**Trevor Williams Basketball Academy or TWBA**  
 4444 Ste. Catherine St. West  
 # 202  
 Westmount, Quebec  
 H3Z 1R2