



TREVORKIDS
WILLIAMS
FOUNDATION

TREVOR WILLIAMS
BASKETBALL
ACADEMY

WEEK 5 NEWSLETTER

JULY 25TH - JULY 29TH



TREVORKIDS
WILLIAMS
FOUNDATION

COACHES CORNER

Trevor's Corner



Trevor is back this week from Virginia with the Dawson Girls team! This week we spoke about his career influences. He began by mentioning Bob White, who he credits with helping him stay out of trouble and stay in school. He gave him the proper information to advance productively in life. Later on, he was influenced by a man from the Little Burgundy sports association, Mr. Butt. He did a lot of good for kids in the 70s and 80s while he was growing up. Additionally, he mentions Ron Adams who is now the assistant coach for the Golden State Warriors. He only coached Trevor for a summer but he still remembers it. The lesson that those people taught him was to give back to the community, and he still holds this lesson close to his heart. Trevor strives to provide for the community and ensure that young people have the opportunity to have a good education and a positive outcome in life. His advice for this week is that hard work beats talent when talent doesn't work hard.

Going the Extra Mile

We wanted to take a moment to highlight three of our amazing counselors at our ECS location. This week, we had a situation where a camper was waiting to be picked up for quite a while after the end of camp. Three of our concerned coaches - Rose, KJ and Tryston - not only made sure to contact the parents, but waited for over an hour and a half with the camper, to ensure that the child was safe and secure until a guardian could come pick them up. This is just one example of how dedicated our counsellors are. We spoke with Rose about this situation and she explained that the counsellors at TWBA care about the campers' well-being outside of just camp hours, and this situation was handled with such care because the counsellors care about the safety of the campers as a whole. The counsellors at our camp are people that campers know they can trust and rely on, and Rose, KJ and Tryston's actions are proof of this!



OUR TEAM

LCCHS



Name: Elijah

Age: 15 years old

How long have you been playing basketball: He's been playing for almost all of his life but he started taking it seriously this summer. He often plays as a power forward or a center.

Favourite thing about camp?: Making new friends.

Future basketball plans?: He wants to continue because he has skills, but he just needs the motivation and determination.

Role models?: His mom



Name: Sapphire

Age: 11 years old

How long have you been playing basketball: she started playing around a year ago and this is her first year at camp. She has been with us for a few weeks and says that she enjoys the social life, counsellors and people here. She currently plays on her school team and another team.

What skills do you learn in basketball that can be used in life?: Even when she's not confident in something she knows that if she works on it she will become more confident.



Name: Betty

Age: 13 years old

How long have you been playing basketball?: She has been playing since the age of 8 but briefly stopped because of COVID. This is her first year at camp but she has been coming for a few weeks.

What have you improved over the summer?: She sees that she is now better at crossovers but she wants to improve her behind-the-back crossovers.

What skills do you learn in basketball that can be used in life?: Even if you mess up, you should continue to try until you are satisfied.



Name: Jayden

Age: 18 years old

School: He attends Vanier College in the Psychology program.

Basketball career: He always played for fun but around the age of 13, his interest and seriousness about the game grew.

What is your favourite thing about being a counsellor?: The kids and talking to them. He says that he is able to give them what he needed from coaches because he remembers being in the campers' position.

Advice: Try not to look at things as black and white. Try not to keep your head too invested in one moment, understand that nothing is going to happen in one day.

OUR TEAM

LCC



Name: Emma

Age: 11 years old

How long have you been playing basketball: She started when she was a baby. She attended the camp last year at our Royal Vale location and decided to come back because it was cool and she could play basketball all day. She plays with friends outside of camp and usually plays as a point guard.

Favourite thing about camp?: Playing with her friends and a diverse group of people.

Role model?: Her dad. He played pro basketball in the League of Canada.



Name: Alice

Age: 13 years old

How long have you been playing basketball: She just enjoys playing for fun with her friends at the moment.

Favourite position? Defence.

What are you looking forward to this week?: She's looking forward to improving her shooting skills

Other sports?: Tennis and Horseback riding



Name: Annika

Age: 14 years old

How long have you been playing basketball: She's been interested in the sport since grade 5. She played intramural for a bit and told us she prefers to play offence because she enjoys shooting.

What is your favourite thing about camp?: She was here a few weeks ago and joined us again this week! She says she came back because she liked the fact that the coaches were strict and they teach more than just basketball.

Role Model: Kawhi Leonard



Name: Jeremy

Age: 19 years old

School: Dawson College in Social Science

Basketball career: He has been playing for around 4 years. He now plays for Dawson College.

Favourite memory or experience in basketball?: When he can see improvement in his game.

Favourite thing about being a counsellor?: Seeing how the kids react to the coaches.

Advice for campers?: Patience is the best advice.

OUR TEAM

ECS



Name: Raphael

Age: 8 years old

How long have you been playing basketball: He's been playing since the age of 4 with his Dad who tells him that he's a good point guard. This is his second year at camp. He continues to attend because it makes him better.

What are you looking forward to this week?: He's looking forward to improving his shooting

Favourite thing about camp? Coach Zach



Name: Alexander

Age: 15 years old

How long have you been playing basketball/going to camp: He's been playing since the age of 6 and previously attended the camp. He decided to return to improve his form. He will be playing on his school team next year as a point guard.

Favourite things about camp?: That you play with a diverse group of kids.



Name: Kasenya

Age: 12 years old

How long have you been playing basketball?: She's been playing since the age of around six and this isn't her first time at camp. She continues to return because it's a good learning experience and they teach actual skills. She usually plays with friends and played in the Bluehounds Spring league.

At camp, what do you want to improve? Her dribbling, ball handling, shooting and left-hand skills.



Name: Zach

Age: 19 years old

School: He will be attending John Molson School of Business in the fall

How long have you been playing basketball?: Since the summer of Grade 6 but he started taking it seriously at TWBA in 2016. He is now a counsellor and has been since 2019

What has been your favourite memory or experience in basketball?: Hitting the game-winner at TWBA when he was around 12.

What is your favourite thing about being a counsellor? Spending time with the media team and the campers.

Advice for campers?: Listen to your coaches, don't give up and believe in yourself.

OUR TEAM

Westmount High School



Name: Sam

Age: 15 years old

Basketball career: He has been playing basketball since the age of around 5. His first year at camp was when he was 9 years old! He continues to return because of the atmosphere of people who love basketball. He plays for his school and an outside team called Brookwood as a point guard.

What skills do you learn in basketball that can be used in life?:

Toughness, physical and mental.

If you had to play 1v1 with a coach, and win, who would it be?:

Raphael.



Name: Ariel

Age: 13 years old

How long have you been playing basketball: He's been playing since he was 11 years old and he previously attended camp last year. He decided to return because after last summer he realized that camp helped him improve. He plays on his school team as a point guard.

What skills do you learn in basketball that can be used in life?:

Confidence. If he can succeed in basketball he can do so in life too.

If you had to play 1v1 with a coach, and win, who would it be?: Ryan or Shaheem.



Name: Luke

Age: 14 years old

How long have you been playing basketball: He's been playing for 2 years and this is his second year at camp. He currently plays for his school as a shooting guard or power forward.

Favourite part of camp?: The games on Fridays because of the competition and the fact that everyone really wants to win.

If you had to play 1v1 with a coach, and win, who would it be?: Ryan because, and we quote, "he is scared of me"



Name: Raphael

Age: 19 years old

School: He will be studying at Dawson College in General Social Science.

Sports career: He has been playing basketball since he was around 14. He previously attended the camp. He mentions that as a camper he was focused on himself but now, as a coach, he needs to help all of the campers on his team.

Advice for campers?: Take school seriously. Put school before basketball because you are a "student-athlete" and the student comes first.

WEEK 5 CHAMPIONS

Westmount High School



Sportsmanship: Cecilia



Defense: Èlie



3 v. 3: Harper, Jose and Keifer



King of the Court: Keifer



MVP: Sam



Winning Team Coached by Raph, Zach and Shaylan

OFF THE COURT PROGRAMS

STEM PROGRAM

This week, our campers made elephant toothpaste! This unique and amusing experiment was taught by our off-the-court program coordinators to some of our younger campers. This experiment uses a combination of dish soap and dry yeast to rapidly decompose hydrogen peroxide. The decomposition of hydrogen peroxide looks almost like a volcano eruption, with large amounts of foam spilling out of a water bottle in which all of the ingredients were combined. To add an extra sense of fun, our coordinators added streaks of food colouring to the mixture so that it resembled actual toothpaste! The campers were so excited by the experiment and the results, some even asked for a recipe so that they could show their parents at home! These kinds of experiments are not only fun for the campers, but educational, as they teach campers about mixtures and reactions.



GIVE-AND-GO

This week, our give-and-go program was able to make it's first delivery to a Montreal organization. The donations came from our Westmount High School location and were delivered to the Benedict Labre organization. We spoke to our program volunteer, Marley, about the experience. Marley explained that campers had brought in a wide variety of items to donate, from food and cooking supplies to clothes and sports gear. The organization was very grateful for the enthusiasm of the camp, and for the generous donations. Campers and coaches, notably coach Ginuwine, were helping at Westmount High School in loading and organizing items before their delivery, so much of the camp was involved in the process. Overall, this was, hopefully, the first of many donations to local charities, and was a unique opportunity for the campers to give back to their community, which has always been one of the main goals of the Trevor Williams Kids Foundation.



OUR WEEK IN PICTURES



Game section



Name: _____

Date: _____



Basketball Word Search Puzzle



n x i a s s i s t c r o s s o v e r l q
c s f s c o r e r e o f d r n e o x t g
a g o t c u t p v z i p m u k l d x f a
i u u o j r d a o h l a t x n n p y h w
r e l s u o v g r i l p e p u k b l k d
b a b o r j l e m s n u a k k b a p p r
a g c l e e l t i v w t m k e y c u s i
l s h o t b f e w k x z s y k m k u g b
l b b f i t g e x z b a l l s r b v b b
d r w a g q g z r d d q g s e y o v s l
x b l o c k x b r e s y a t h c a e i e
x e h a f m a a d s e p n d s h r i m e
p p w o z w w n a e t i r v s d d p q c
i h v g o r u p m s o a p i h h e a h g
c y l t o o e p e p u g w e c l n k p o
k j u f b c k h e g w s i c e n t e r j
e u f e n p c e q y q k i v q d r p t m
t m r u z n r l a y u p l r e t j j a o
e p o i c h x m e p l a y e r h g l z s
m b u u t h g y c n f r e e t h r o w l

Find the basketball words in **bold**.

referee

dribble

bounce pass

crossover

foul

player

dunk

shot

airball

score

slam

free throw

points

chest pass

court

forward

swish

net

center

layup

rim

backboard

three pointer

block

teams

key

jump

point guard

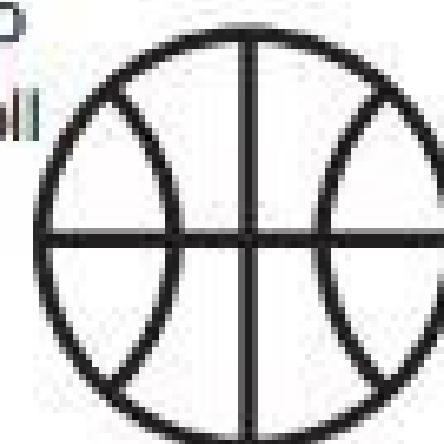
give and go

pick and roll

ball

rebound

assist



Color the
basketball.

(The words may be hidden vertically, horizontally or diagonally.)



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Trevor Williams Kids Foundation



Instagram

@twkfmtl



Twitter

@TWKF_MTL



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 25th to August 10th. 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 514-241-7353.



Lower Canada College (LCC)

4090 Royal Avenue , Montreal, Quebec, H4A 2M5

Lasalle Community Comprehensive High School

240-9th Avenue., Lasalle, QC, H8P 2N9

Westmount High School

4350 Saint-Catherine O., Westmount, QC, H3Z 1R1

Miss Edgar's and Miss Cramp's School (ECS)

525 Mount Pleasant, Westmount, QC, H3Y 3H6

THANK YOU TO OUR SPONSORS!



Jumpstart
Bon départ



Desjardins



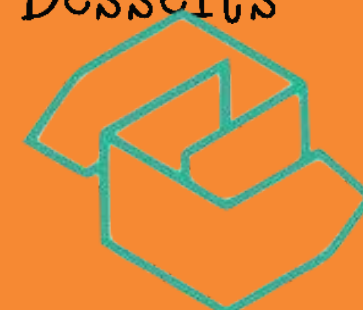
Montreal Canadiens
Children's Foundation



FUTURE
ELECTRONICS



Desserts



REBOX



BÂTON
ROUGE

STEAKHOUSE & BAR

GILDAN



CIBC
Children's
Foundation

The Suburban



Allan Levitt
Family Foundation

The
Hylcan
Foundation