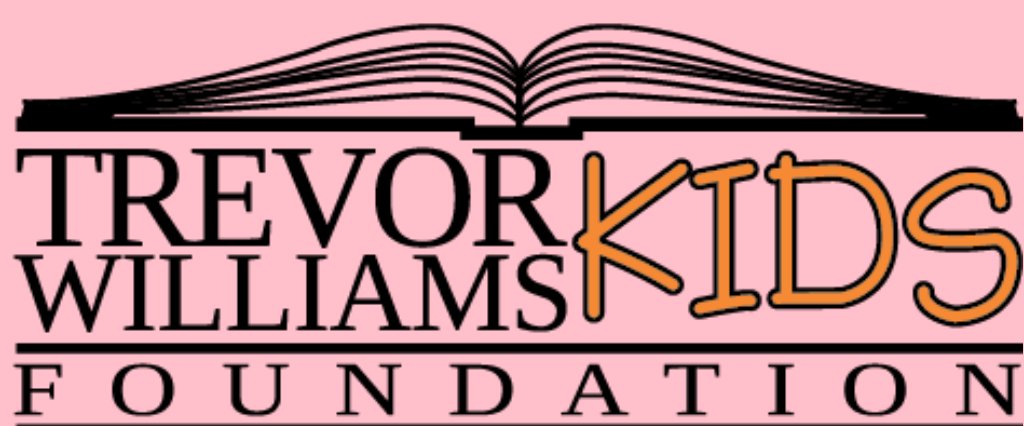




**TREVOR WILLIAMS**  
**BASKETBALL**  
**ACADEMY**

**WEEK 7 NEWSLETTER**

**AUGUST 8TH - AUGUST 12TH**





# COACHES CORNER

## Trevor's Corner



This week in having Marci Ilen as a special guest we decided to speak about Gender Equality in sports! Trevor Coaches the Dawson College Division 1 Girls basketball team and also has two daughters who play the sport. He says that gender equality in sports is extremely important because we are teaching life skills to everybody, not just men, as they are necessary tools in life. He hopes that more women get involved in sports and he hopes that people in positions of power would encourage more gender equality in sports. At LCCHS (where Trevor is primarily) we have mostly female coaches, he says that it is very encouraging for young female athletes to meet these coaches because their athletic goals seem closer. Trevor remembers as a young man when he saw a group of young black men getting their diploma, that was the first time he felt he could get his degree. He says it makes a difference for young female athletes to see someone else accomplish the things that they want to accomplish, because it makes their goal that much more achievable. He says that we can encourage more girls to join sports by being more involved with schools, with the community and with parents.



## Dean's Corner

More about Gender equality, Dean works at Miss Edgar and Miss Cramps school for Girls as a basketball coach and also has three young girls. Dean expresses that Gender equality is important because there is a lack of coaches for women. He explains that girls are just as teachable as men. If you take two people, one boy and one girl, at a young age and teach them the exact same things, they will play mostly the same. It is important to have girls in sports and its is equally as important that they receive the same level of coaching. This week at our ECS location, they decided to have an all-girls team because the boys wouldn't pass to the girls. They have an all-girls team with one boy on the team which made the playing field more fair and gave the opportunity to the girls to play just as much as the boys. Dean explains that getting more women involved in sports starts with their parents. Parents have to be willing to take them to practice and watch them play, they play a big role in having girls play sports.





# OUR TEAM

## LCCHS



**Name:** Kaiden

**Age:** 10 years old

**How long have you been playing basketball:** He's been playing for a year but he also plays hockey, lacrosse, baseball, and football.

**Favourite thing about camp?:** Playing games.

**What are you looking forward to this week?:** Improving his shooting and dribbling

**Favourite Trick?:** Doing crossovers.



**Name:** Noah

**Age:** 9 years old

**How long have you been playing basketball?:** He's been playing for 2 years and this is his first year coming to camp because him and his brother are from Toronto. His dad played professionally and now he plays with them. He says that he plays wherever there's a basketball net.

**What are you looking forward to this week?:** He wants to improve his shooting and his dribbling.

**Role Model?:** His friends



**Name:** Great

**Age:** 9 years old

**How long have you been playing basketball:** Around 2 years. He has previously been to the camp and decided to come back because basketball is his dream.

**Favourite thing about camp?:** Camp is very encouraging because he sees the coaches everyday and wants to be like them.

**Future basketball plans?:** Going to the NBA with the Bucks as a Power Forward.

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



**Name:** Kathy

**Age:** 17 years old

**School:** She attends Dawson College in Languages.

**Basketball career:** She's been playing since the fourth grade but started seriously playing in the seventh grade.

**What has been your favourite memory or experience in basketball?:** Winning provincials in her last year of high school

**What is your favourite thing about being a counsellor?:** Showing the campers what she has learned and helping them.

**Advice:** Be confident to achieve what you want.



# OUR TEAM

## LCC



**Name:** Malik

**Age:** 12 years old

**How long have you been playing basketball:** He has been playing for a long time. Over the summer he has seen improvement in his shooting skills. Outside of camp he plays for fun and prefers the shooting guard position.

**What is your favourite thing about camp?:** The counsellors.

**Do you think you have a better jumpshot than anyone?:** Isaiah, Kedi and T Bois



**Name:** Philip

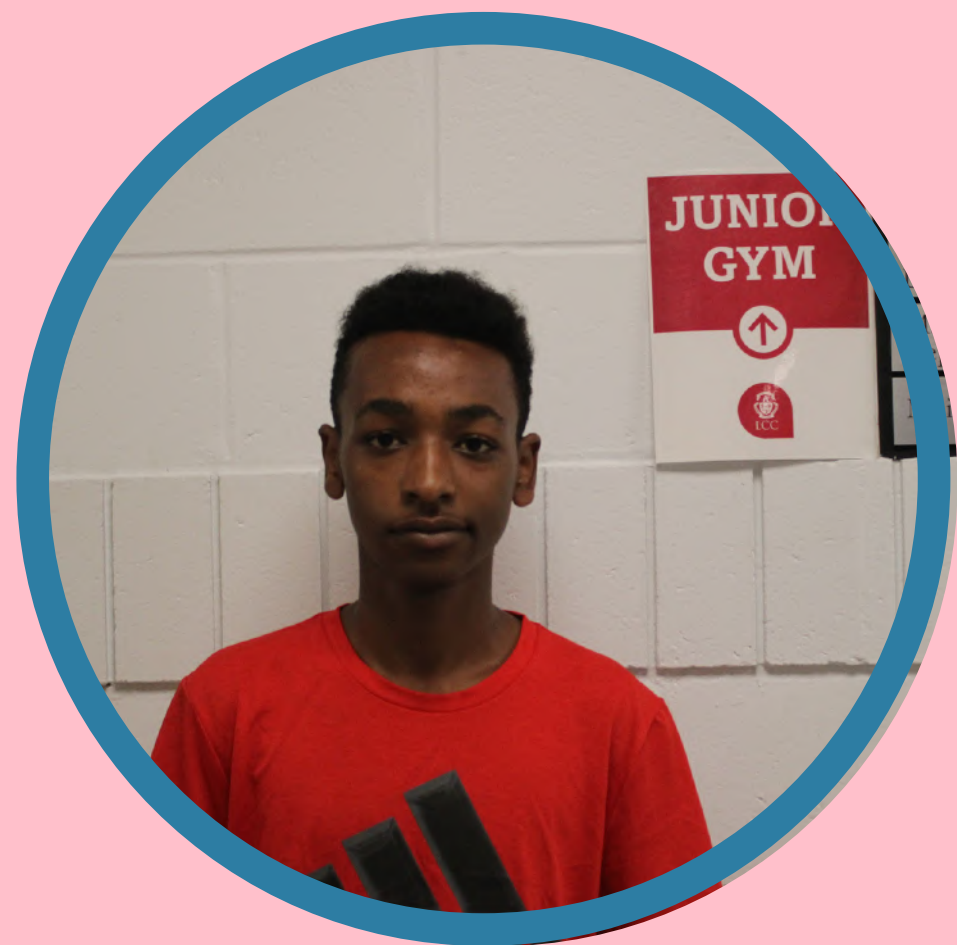
**Age:** 12 years old

**How long have you been playing basketball:** He's been since he was 8 and this is his 3rd year at camp. He continues to return because he enjoys that almost every year the same people return like him. This way he sees how they improve. He plays on his school team as a point guard.

**What are you looking forward to this week?:** Improving his jumpshot

**Future basketball plans?:** Going to the NBA and playing for the Raptors.

**Role Model:** Kyrie Irving and Kawhi Leonard



**Name:** Tombosa

**Age:** 16 years old

**How long have you been playing basketball:** He's been coming to camp for 6 weeks. He decides to return every week because it improves his game and helps to communicate in a team. He sometimes plays outside of camp in a defensive position.

**Favourite thing about camp?:** The people.

**Role model?:** Cristiano Ronaldo

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



**Name:** Kedi

**Age:** 17 years old

**School:** Dynasty Prep

**Basketball career:** He has been playing for around 5 years.

**Favourite memory or experience in basketball?:** The season he played during High School because he improved a lot.

**Favourite thing about being a counsellor?:** Helping the campers and showing them what it's like to be a more serious basketball player.

**Advice for campers?:** Listen to instructions, work hard, and work even on your off days.



# OUR TEAM ECS



**Name:** Zofia

**Age:** 11 years old

**How long have you been playing basketball:** Since she was 6 she's been playing. She has come to camp for the entire summer and says that she continued to return to improve her shooting and dribbling skills.

**Role Model:** Her dad

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



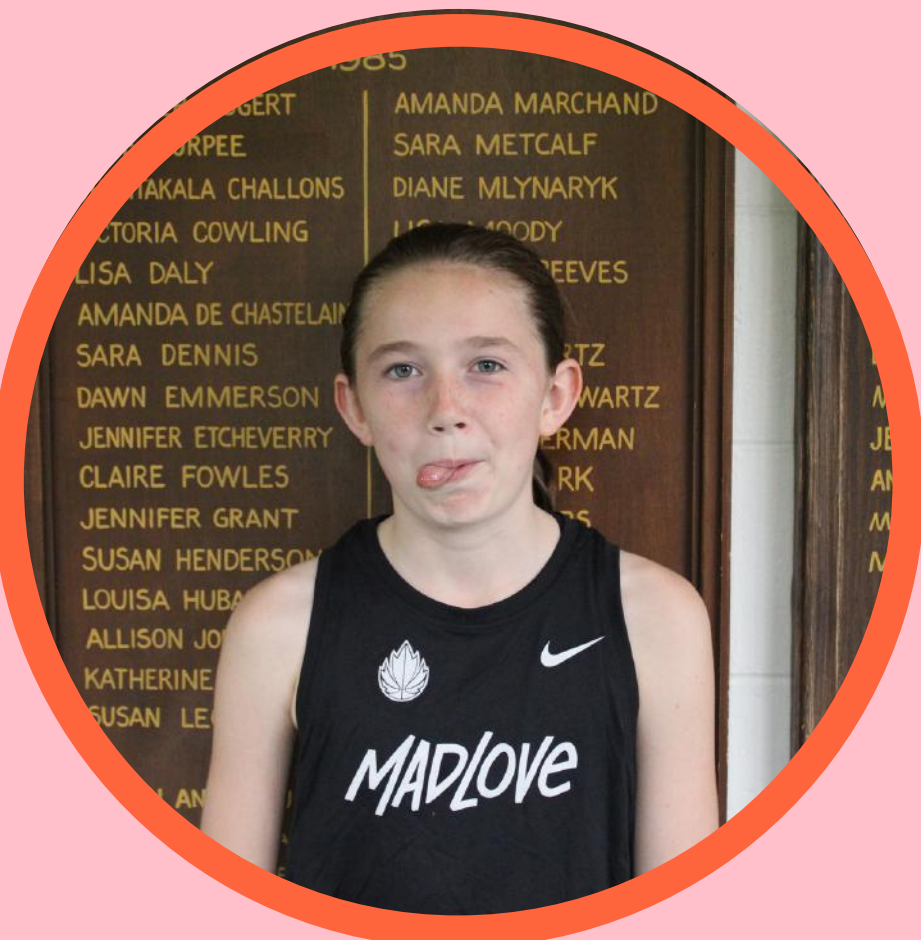
**Name:** Charlotte

**Age:** 12 years old.

**How long have you been playing basketball?:** She's been playing for around 3 years. Last year she played for the West Island Lakers as a point guard mostly.

**At camp, what do you want to improve?** Shooting skills.

**Role model?:** Her brother who has been playing basketball for 6 years.



**Name:** Skyla

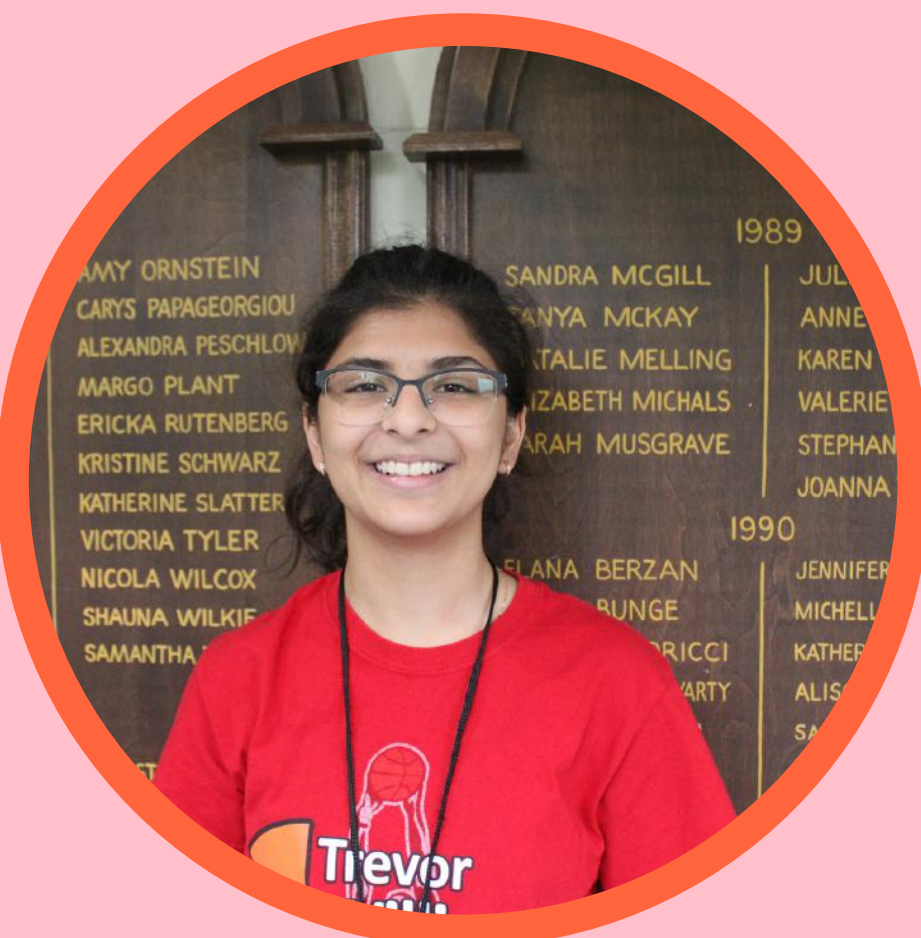
**Age:** 12 years old

**How long have you been playing basketball?:** For around 2-3 years and this is her second year at camp. She returns because she finds it fun.

**What are you looking forward to improving at camp?** Her left-hand skills.

**Favourite things about camp?:** Being at camp and having fun with friends

**Role Model:** Her dog because he's happy all the time



**Name:** Lizzie

**Age:** 18 years old

**School:** She is attending Champlain St. Lambert in Pure and Applied Science.

**How long have you been playing basketball?:** She started playing on a team in seventh grade, but started playing for fun two years prior.

**What has been your favourite memory or experience in basketball?:** Tournaments throughout her high school years because her team would have to sleep in schools and use the tournaments as bonding opportunities.

**What is your favourite thing about being a counsellor?** Seeing the kids grow and develop as players. As well, seeing how the campers go to her for help and support.



# OUR TEAM

## Westmount High School



**Name:** Julien

**Age:** 11 years old

**Basketball career:** He has been playing basketball since last August and this is his first time at camp. He will be playing for his High School team and currently plays for Lasalle Leaders as a point guard.

**Favourite thing about camp:** He says that he really enjoys the way the coaches challenge and push them to be better players and people.

**Role Model:** His dad because he supports him and his family. He admires his hard work.



**Name:** Sora

**Age:** 16 years old

**How long have you been playing basketball:** This is her second year at camp and she came back because she enjoyed playing scrimmages instead of only drills. She plays on her school team and played for the Bluehounds as a shooting guard.

**What are you looking forward to this week?:** Improving her decision-making abilities on the court.

**Favourite thing about camp?:** The games and playing against diverse people.



**Name:** Noah

**Age:** 12 years old

**How long have you been playing basketball:** He has been playing since he was seven and previously went to the camp. He says that he's glad to be back because his friends go to the camp but also because Trevor is one of his favourite coaches. He has played for Red Rush, DBC Hawks and LCC basketball team as a point guard or shooting guard.

**Future basketball plans?:** He wants to play in college with the Yukon Huskies and in the NBA with the Golden State Warriors.



**Name:** Alex Wamba

**Age:** 18 years old

**School:** He goes to Marie-Rivier in their Sport Études program.

**Sports career:** He has been playing for around 6 years.

**Favourite part of basketball:** His teammates: working hard and having fun with them.

**Favourite thing about being a counsellor?** Teaching the kids what he already knows, and allowing them to learn from his experience.

**Advice for campers?:** Continue to work hard, give your best, never give up on yourself, always be positive and have fun.



# Week 6 Champions LCCHS



## NCAA



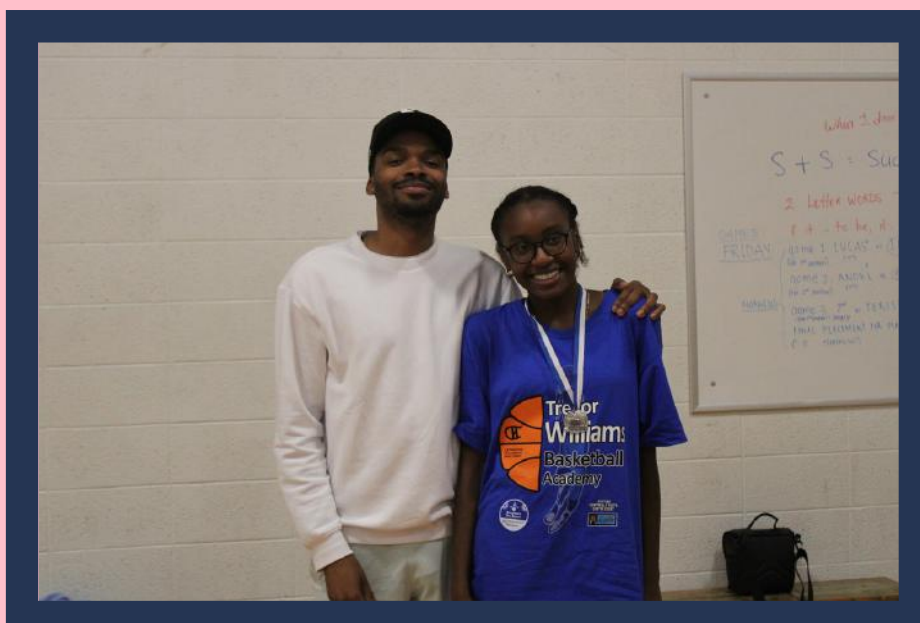
Most Heart: Nezikio



Rebounder: Thomas



MVP: Ryan



MVP: Kayla



Winning Team



Most Improved: Sloan and Emily



Most Heart: Hasani

## PEEWEE



Most Improved: Kamsi



Most Assists: Kaiden



MVP: Jahsari



Winning Team



Rebounder: Isaiah



# OFF THE COURT PROGRAMS

## STEM PROGRAM



The last STEM activity of the summer was making slime! In a Medium or Large Bowl stir together 1 cup warm water, Food coloring, glitter, sequins, (or whatever else you want to capture inside your slime), 1/2 cup of white glue and 1 Teaspoon Borax. This activity is included in STEM as it is essentially mixing different substances to make one thing, which is slime! The reason behind making this is because it is an activity the campers really enjoy. They wanted to make it because it is VERY fun to play with and interesting to see how mainly liquid ingredients can make something solid!

## NEWSLETTER Team

**Name:** Kennedy (Left)

**Age:** 19

**School:** Stanford University

**Favourite part of camp:** I have been working at camp for 4 years, and it is always wonderful to see kids return to camp year after year, having grown and changed throughout the school year. It is so great to essentially watch the campers grow up before our eyes.

**Name:** Blaire (Right)

**Age:** 17

**School:** Dawson College in the Psychology program

**Favourite part of camp:** This is my 3rd year working for the camp and I still find it very interesting to go around the locations and see how they're all working. Of course the campers come with that and with them I enjoy seeing the returning kids grow every year and meeting new campers as well!





# OFF THE COURT PROGRAMS

## SPECIAL GUEST: MARCI IEN



This week, our counsellors got a very special opportunity to speak with the Honourable Marci Ien, our federal minister of Gender Equality and Youth. She is the Member of Parliament for the Toronto Centre area. She told our counsellors that she is a very big basketball fan, and has even had the opportunity to speak with many of the Raptors players. She explains that young people, notably her own children, have always been her best advisors, because they are honest about their experiences and situations. She is the second black woman to ever hold a Cabinet position, which she explains is so important because it is giving people that can relate to her and youth a voice at the table. Speaking from her own experiences, she encouraged our counsellors to keep persevering and to have the courage to stand up for what they believe in - she says that life is not about the number of times you get knocked down, but rather how many times you stand back up. She had to make the difficult decision to leave her past job as a host on The Social in order to run in politics, and she told us that, despite how daunting the decision was, her children encouraged her. Her daughter, Blaze, said “If not you, mom, then who?” She emphasizes that this was a big decision, but the work that she is doing and all of the people that she is serving in the process makes all of the sacrifice worth it. Overall, Marci Ien illustrated through her own story the importance of selflessness and service to a community, which are some of the core values of the Trevor William Kids Foundation.

## GIVE-AND-GO PROGRAM



With our last week of camp came our last round of donations through TWBA's give-and-go program! This week donations were given to St. Gabriels Church in Point St. Charles. The parish was originally founded by the Irish community in 1875, but is now a parish that welcomes everyone and supports much of its community through its food bank and clothing donations - which our LCCHS community helped support! We also got the opportunity to support the Resilience Montreal, that aids the homeless population around Cabot Square. Overall, the TWKF cannot thank campers enough for their donations and for doing their part in helping those in need in the Montreal area. This give-and-go initiative has helped uplift many hardworking organizations, and we hope it continues for years to come!



# OUR WEEK IN PICTURES



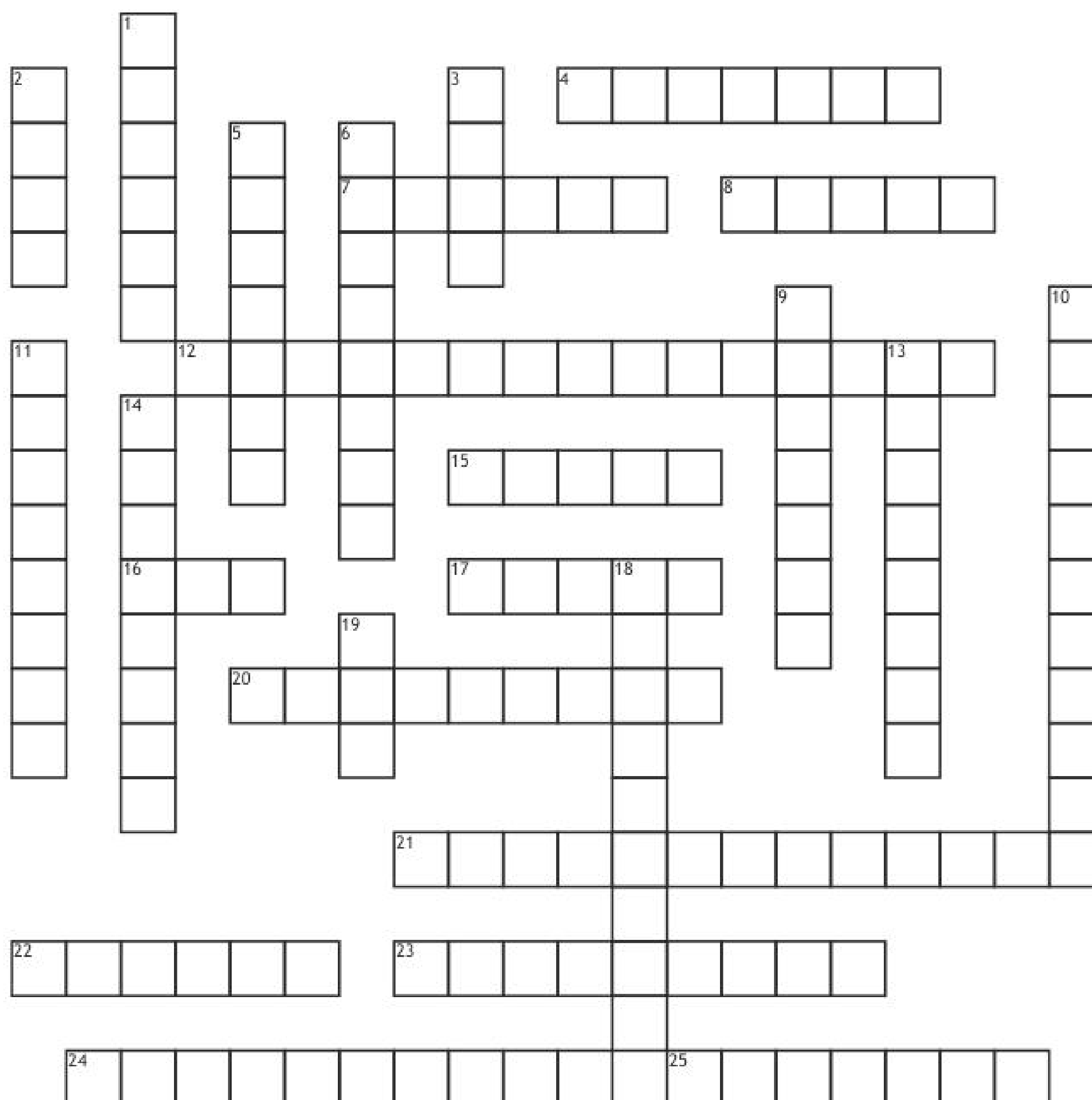




Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Basketball



### Across

4. Shot where the ball hits the rim of the basket  
 7. A pass to a teammate who scores a basket immediately  
 8. Spinning in a circle but not lifting up the back foot  
 12. A defense technique where each player guards a certain opposing player  
 15. To stop a shot from the other team  
 16. The National Basketball Association  
 17. A shot which goes through the net without hitting the rim

20. Generally awarded after a foul on the shooter from the opposing team  
 21. Dribbling the ball with two hands on the ball at the same time  
 22. A uniform each player wears that has their team name on it  
 23. The half of the court a team is defending  
 24. A pass that bounces before the player receives it  
 25. Getting the ball after a attempted shot

### Down

1. Move your pivot foot illegally  
 2. An attempt to score  
 3. To get the ball to a teammate

5. A unblocked shot that doesn't hit the rim or backboard  
 6. The end of the first half of play  
 9. The people that decide penalties  
 10. A defense technique in which each player is responsible for an area of the court  
 11. An overhead shot taken while jumping  
 13. Scoring by holding onto the rim and slamming the ball down  
 14. A loss of possession  
 18. You have to shoot before the \_\_\_\_\_ runs out  
 19. The free throw lane and the free throw circle





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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 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**

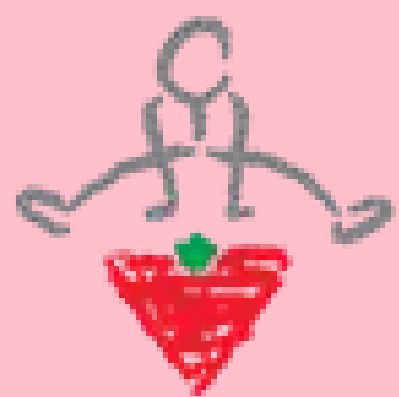
240-9th Avenue., Lasalle, QC, H8P 2N9

**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

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Hylcan  
Foundation**



CIBC  
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