

# ELITE GIRLS BASKETBALL

## SAMPLE WEEKLY SCHEDULE



SEPTEMBER - APRIL

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
					Standard Schedule	"Flex" Schedule		
6:30 - 7:30 AM	<b>Skills Training</b> ▶ Point Guard Skills/Reads	<b>Skills Training</b> ▶ Shooting/Finish at the Rim	<b>Skills Training</b> ▶ Point Guard Skills/Reads	<b>Skills Training</b> ▶ Shooting/Finish at the Rim				
7:30 - 8:20 AM	Breakfast	Breakfast (7:45 - 8:40 AM)	Breakfast	Breakfast (7:45 - 8:40 AM)	Breakfast	Breakfast	Tournament/ Season Games	Tournament/ Season Games
8:20 - 8:40 AM	Morning Assembly		Morning Assembly		Morning Assembly			
8:45 - 11:25 AM	Class Periods 1 & 2		Class Periods 1 & 2		Class Periods 1 & 2			
11:25 - 12:35 PM	Lunch & Open Court		Lunch & Open Court		Class Periods 1, 2, 3, 4 (50 min. each)			
12:35 - 3:10 PM	Class Periods 3 & 4		Class Periods 3 & 4		Class Periods 3 & 4			
3:30 - 5:30 PM	Team Practice/Fitness		Cadets Program		Game, Practice, or Departure for Tournament	Game, Practice, or Departure for Tournament		
5:15 - 6:30 PM	Dinner		Team Practice					
7:30 - 9:15 PM	Academic Prep		Dinner				Academic Prep	
	Academic Prep		Academic Prep					

### COACHES & STAFF



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# PROGRAM HIGHLIGHTS

**LOCATION** - Located on a beautiful 250-acre campus in Quebec's Eastern Townships – less than two hours from Montreal. The environment blends safe, small-town convenience with easy access to the city of Sherbrooke, Quebec.

**FACILITIES** - H. Weir-Davis Memorial Gymnasium features two full-size hardwood basketball courts and a showcase court outline. Student-athletes have full access to the Hiles Family Fitness Centre, including cardio/aerobic and weight-training spaces, a TrekFit gym, and on-campus walking and running trails.

**COURT TIME** - Over ten (10) hours of dedicated court time per week, including skills development, team practices, and games.

**SKILL DEVELOPMENT** - Four (4) morning skills training sessions are available each week with basketball coaches. Video reviews and game breakdowns are also available for student-athletes to track progress and develop basketball intelligence.

**COMPETITION** - RSEQ and NEPSAC affiliation permits a competitive, independent national schedule of 40+ games. Schedule is designed to prioritize competition, player development, team achievement, and national exposure to elite basketball.

**FITNESS & TRAINING** - Student-athletes work closely with a certified Strength & Conditioning Coach on a weekly basis. Tailored programs help student-athletes to improve their fitness, strength, speed, agility, mobility, cardiovascular endurance, and sport-specific movement patterns.

**NUTRITION** - Meals and snacks provided daily to support student-athlete nutrition, both in Ross Dining Hall on campus and while traveling.

**SUPPORT STAFF** - Full-time Director of Basketball oversees player and program development. A certified strength and conditioning coach provides individualized training programs. The Academic Coach tracks student-athletes' progress and provides guidance on time management and organizational strategies. University Advising Department works closely with students and their families to identify post-secondary fit.

**WELLNESS TEAM** - A full-time physiotherapist is on campus for injury prevention and recovery; a BCS athletic therapist travels with teams as needed. Counselling services are available to students, and the school nurses and infirmary are accessible 24/7, with access to doctors, ensuring comprehensive medical support.

**PLAYER EVALUATION** - Coaches use the Individual Player Profile (IPP) to assess student-athletes' basketball skills, fitness, engagement, and emotional regulation – enabling personalized growth planning.

**TOOLS & RESOURCES** - A shooting machine is available; livestreaming of games is offered. The Nike outfitting partnership provides high-quality uniforms and team apparel. The Individual Player Profile (IPP) assessment tracks student-athletes' progress using data collected over time.

**ACADEMICS** - Average class size is 15 students. All courses from Grades 7 to 12 are enriched beyond the provincial requirements of Quebec and New Brunswick. International Baccalaureate (IB) certificate available to students in Grades 11 & 12.

**COST** - No additional cost for busing or accommodations associated with the program.

## PROGRAM GOALS

- Integrate basketball and academics at the highest level.
- Develop and expand players' current ability with coaching supports.
- Build individuals' confidence on and off the court with a supportive structure and approach to teaching.
- Produce leaders on and off the court.
- Expose and prepare players for basketball at the next level.