



BCS | Bishop's
College
School

PREP GIRLS' BASKETBALL

SAMPLE WEEKLY SCHEDULE

SEPTEMBER - MARCH



	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
					Standard Schedule	“Flex” Schedule		
6:30 - 7:30 AM		Skills Training		Skills Training				
7:30 - 8:20 AM	Breakfast	Breakfast (7:45 - 8:40 AM)	Breakfast	Breakfast (7:45 - 8:40 AM)	Breakfast	Breakfast	Tournament, Showcase, or Season Games	Tournament, Showcase, or 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	Class Periods 1, 2, 3, 4 (50 min. each)		
11:25 - 12:35 PM	Lunch & Open Court			Lunch & Open Court	Lunch & Open Court			
12:35 - 3:10 PM	Class Periods 3 & 4			Class Periods 3 & 4	Class Periods 3 & 4	Lunch (12:25 - 1:25 PM)		
3:30 - 4:30 PM	18U Fitness	18U & 16U Practice	18U & 16U Practice	Cadets Program	Game, Practice, Fitness, or Departure for Travel	Game, Practice, Fitness, or Departure for Travel		
4:30 - 5:30 PM	18U & 16U Practice			18U & 16U Practice				
5:30 - 6:30 PM	Dinner	18U Fitness & Dinner	18U Fitness & Dinner	Dinner				
7:30 - 9:15 PM	Academic Prep			Academic Prep				Academic Prep

COACHES & STAFF



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PROGRAM HIGHLIGHTS

SCHEDULE - Over ten (10) hours of dedicated team time per week, including games, practices, skill development, and strength & conditioning sessions with a certified coach. Programs are tailored to improve student-athlete strength, speed, agility, mobility, cardiovascular fitness, and sport-specific movements.

COMPETITION – WNPA membership and NEPSAC affiliation allows a competitive national schedule of 50+ games. Schedule is designed to prioritize player development, achievement, and national exposure to elite basketball.

STAFF SUPPORTS - Full-time Director of Basketball oversees player and program development. Certified Strength & Conditioning Coach provides individualized training programs to student-athletes. Academic Coach tracks student-athlete progress in the classroom and guides organizational workshops. University Advisor works closely with student-athletes to identify post-secondary fit and advise on NCAA eligibility. Certified Athletic Therapist travels with teams as needed.

EVALUATION - Coaches use the Individual Player Profile (IPP) to assess student-athletes' skill development, overall fitness, engagement, and emotional regulation – enabling personalized growth planning. Coaches meet with student-athletes at multiple critical points throughout the year.

SKILL DEVELOPMENT - Four (4) morning skill development sessions offered each week by basketball coaches. Game film review with coaches is available for student-athletes to track growth, gain insight, and expand basketball intelligence.

RESOURCES – Two hardwood courts and shooting machines available for use. Student-athletes have full access to on-campus fitness center. Individual Player Profile (IPP) assessments track student-athlete progress using data collected over the season. Nike outfitting partnership provides high-quality uniforms and team apparel.

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

FACILITIES - H. Weir-Davis Memorial Gymnasium features two full-size hardwood basketball courts. Student-athletes have full access to the Hiles Family Fitness Centre, including weight-training and cardio/aerobic spaces.

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.

WELLNESS TEAM - Full-time physiotherapist on campus for treatment, injury prevention and recovery. Counselling services are available to students. School nurses and infirmary are accessible 24/7, with access to doctors, ensuring comprehensive medical support.

NUTRITION – Three (3) meals a day and snacks are provided to support student-athlete nutrition, both in Ross Dining Hall on campus and while traveling.

PROGRAM GOALS

- Integrate basketball, academics, and leadership in a traditional boarding school environment.
- Develop the student-athlete through focus-based training, transformative coaching, and maximizing the program's available resources.
- Provide a world-class high school interscholastic basketball experience and prepare student-athletes for the next level of NCAA & U SPORT basketball.

