

# **ESC BASKETBALL** **SELECT TEAM**

ESC Basketball is a group of educators and coaches looking to develop fundamentals and character through the game of basketball.

Our program seeks to:

- Provide opportunities for fundamental skill development
- Present positive alternatives for youth and teens
- Develop mature young people who are equipped to deal with the challenges

Many former ESC Basketball members have gone on to outstanding careers at the college and University level and continue to be involved with the sport today.

This upcoming season, we are excited to announce our collaboration with ATHX Performance, Edmonton's premier youth performance training facility. They will bring their knowledge and expertise of high performance with their training methodology to improve our girls' athletic fundamentals.

We will be running an 8-week Training and Skill Spring League for Bantam (10 - 12 year olds) and Midget (12 -14 year olds) aged girls. 12 female athletes from each age group will train and work with coaches over this time period to improve their athletic performance and basketball skills. There will be a training session and basketball session each week, with the teams entering a league or local tournaments. The team player cost for this year will be \$695.

An Identification camp will be held on Sunday February 9, 2019 at LY Cairns School 10510 45 Avenue at 12:30 pm -2:00 pm (Bantam girls) and 2:30 – 4:00 pm (Midget Girls). A general meeting and registration will be held immediately after each session. A deposit will be required to hold a spot with the remaining balance of registration fee due in March.

If you have any further questions, please contact me at 780 990 5222 or email me at [edmontonsportscamps@icloud.com](mailto:edmontonsportscamps@icloud.com)

Regards,

Hien Lu