

University of Victoria & Basketball BC present:



2011 Regional Training Center (RTC) – Victoria

WHAT IS THE RTC-VICTORIA PROGRAM?

Basketball BC in cooperation with the UVIC Vikes Women's Basketball Team offers the program, for players' grades 6 – 12, emphasizing the development of individual offensive fundamentals and teaching team principles of play. The program brings together the top prospective athletes from Vancouver Island. The program is unique and serves as one of the pathways for athletes who wish to be involved at the post secondary, provincial, and national basketball level.

The program is a model for players to learn individual offensive fundamentals, team principles, and global positioning of play. Other concepts taught are various aspects of sports science necessary to become a high level basketball player. Our program is a key component of Canada Basketball's national player, provincial coach/player identification, and developmental strategy.

PROGRAM PROVIDES

- ✓ Individual skill development & Team concepts development
- ✓ Strength and agility education and development
- ✓ Sports Science Educational Sessions
- ✓ Centralized training sessions for players
- ✓ Time management, planning and personal development skills
- ✓ Interactive and positive learning environment
- ✓ RTC Shorts and Reversible Jersey & Regular Season Pass to the UVIC Vikes Basketball Games

COACHING STAFF

RTC Head Coach Dani Sinclair(Everitt),

Dani has led the Girls' RTC program for 5 years and brings over 10 years of experience to the program.

Accolades and coaching experiences:

- UVIC Vikes Women's Assistant Coach
- 2011 Pan Am Games Assistant Coach
- NCCP Level III Certified. Currently enrolled in National Coaching Institute Level IV Coach
- B.Ed degree from the University of Victoria

Guest Coaches

Various guest coaches will make appearances throughout the Regional Training Center, all of whom are experienced, highly qualified instructors with High School, College, University, Regional/Provincial/National Team Programs experience.

UVic Women's Basketball Players – Associate Coaches RTC-Victoria

- Current and past UVic Women basketball players will assist during the practices and delivery of the curriculum.

HOW CAN I BE SELECTED TO THE RTC-VICTORIA AND WHAT ARE THE EXPECTED COSTS?

Selection Sunday is **September 18th, 2011 @ the UVic McKinnon** gym from **1230pm-330pm**. It is an open invitation for you to showcase your athletic and basketball skills that are consistent with the profiles of elite/prospective basketball. **Sunday Selection Tryout Fee: \$12.00 (non-members; free for current basketball BC members) Registration starts at 12pm.**

For those athletes selected, the cost of the RTC-Victoria Program will be \$335.00 (+ HST = \$370.00) for 10 sessions.

DATES, TIMES & LOCATION

Session Dates	Time on court	Location
September 18 th (selection day)	1230pm to 330pm	UVic McKinnon Gym – Ken & Kathy Shields Court
September 25 th	1230pm to 300pm	UVic McKinnon Gym – Ken & Kathy Shields Court
October 2 nd	1230pm to 300pm	UVic McKinnon Gym – Ken & Kathy Shields Court
October 16 th	1230pm to 300pm	UVic McKinnon Gym – Ken & Kathy Shields Court
October 30 th	1230pm to 300pm	UVic McKinnon Gym – Ken & Kathy Shields Court
November 6 th	1230pm to 300pm	UVic McKinnon Gym – Ken & Kathy Shields Court
November 13 th	1230pm to 300pm	UVic McKinnon Gym – Ken & Kathy Shields Court
November 20 th	1230pm to 300pm	UVic McKinnon Gym – Ken & Kathy Shields Court
December 4 th	1230pm to 300pm	Ian Stewart Complex
December 11 th	1230pm to 300pm	Ian Stewart Complex

For additional questions and concerns please contact:

Dani Sinclair(Everitt) @ 250-721-8415 or 250-818-6321 (cell) or Email: dsinclr@uvic.ca