



News Release

Basketball Team Finalized for Canada Games

YELLOWKNIFE (May 23, 2009) — The U-17 boy's basketball team was recently selected for the upcoming Canada Summer Games (CSG) in August 2009; 10 players and two alternates. Players were identified through both Cager tournaments, phone calls with coaches and also coaches travelled to communities for identification camps. The 10 man roster includes 7 players from Yellowknife and one each from Hay River, Fort Simpson and Tulita.

The players are already in their summer training program. A 13-week resistance (weight training) and SPARQ (speed, power, agility, reaction and quickness) training plan has been developed for the CSG team by professional trainers in Victoria, BC. Players will also be doing skill development drills twice a week, until the team comes together in Yellowknife at the end of June. Players in Yellowknife will be video taping their SPARQ drills which include medicine balls, tera bands, tennis balls, skipping ropes, agility ladders and putting them on You Tube for the boys in Hay River, Fort Simpson and Tulita to show them how they are doing them.

Once the team comes together for the summer, they will be practicing 6 days a week. They will be in phase 2 and 3 of their training program at that point, which will include 5 days of morning weight training, 2 days of SPARQ drills and team practices twice a day. It will be an intense summer of training which will see the boys develop into stronger and quicker basketball players.

Every Saturday, the CSG team will play games against older players from Yellowknife. This will provide game situations and competition for the boys as they prepare for a pre-national tournament in Winnipeg the last week-end in July. Various provinces and territories will be attending the tournament.

They also plan to have a couple of team development and leadership activities before heading to the Games in Prince Edward Island.

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