



## About **SBL**

The SBL is a non-profit basketball house league program for boys and girls 5 to 13 years of age.

House league players are grouped according to their age and skill level to learn the fundamental skills and principles of the game.

All proceeds go to the Superior Heights basketball program.

## Training Modules

- Ball Handling & Passing
- Shooting
- Defense & Footwork
- Game Strategies
- Screens & Rebounding
- Mental Aspects
- Leadership & Teamwork

## Deadlines & Fees

Early Registration  
deadline: *March 10<sup>th</sup>, 2017*

**\$70**

Registration on first day:  
*March 25<sup>th</sup>, 2017*

**\$80**

cheques payable to:  
Superior Heights

## Why Basketball?

Our instructors are committed to developing individual skills, introducing concepts of team play, and improving the over-all fitness levels of their players. Many participants have shown increases in self-esteem and this has encouraged players to continue their interest and passion for playing the game of basketball or other sports.

SBL exposes players to a competitive, but friendly environment. It also offers opportunities to learn how to train and excel at a higher level.

## Superior Basketball League



**5 Saturdays**

League focuses on teaching  
FUNDamental basketball  
skills

Each participant will receive  
a **Steelhawk basketball &**

**T-Shirt**

Participation-based program



## About the Program Director

Coach Kirk Reid is a graduate of McGill University's Bachelor of Education, majoring in Physical Education and is an N.C.C.P. certified coach. Having played in the CCAA, CIS, and France, as well as coaching for Dalhousie University, Algoma University, and all levels of boys' and girls' High School basketball. Coach Reid's love and passion for the game of basketball led him to start the Superior Basketball League. The vision of the Superior Basketball League is to introduce, develop, and create a love for basketball through Long Term Athletic Development (Canadian Sport for Life [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)). Coach Reid believes that the sport of basketball is a way for youth to gain self-esteem, confidence, focus, and develop a work ethic, while becoming a well-rounded individual.



Children, youth and adults need to do the right things at the right time to develop in their sport or activity – whether they want to be hockey players, dancers, figure skaters or gymnasts. Long-Term Athlete Development (LTAD) describes the things athletes need to be doing at specific ages and stages.

Player's Name: \_\_\_\_\_ Circle Desired Time: 9am 10am 11am  
Grade level this school year: \_\_\_\_\_ Sex: F / M  
Parent/Guardian: \_\_\_\_\_ Email: \_\_\_\_\_  
Health Card #: \_\_\_\_\_ Emergency Phone #: \_\_\_\_\_  
Family Physician: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Allergies / medical concerns: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*Maximum of 40 per timeslot (first come, first serve).

For *Early Registration*, please bring your completed form and money to Superior Heights main office prior to **March 10<sup>th</sup>, 2016**.

## Dates & Times

March 25<sup>th</sup> - April 29<sup>th</sup> 2017

### SATURDAYS

| GRADES    | TIMES         |
|-----------|---------------|
| 1 & 2/3   | 9:00-10:00AM  |
| 3/ 4, & 5 | 10:00-11:00AM |
| 6, 7, & 8 | 11:00-12:00PM |

## Location

Superior Heights C & VS

750 North Street

We thrive on teaching our kids the importance of teamwork and fair play. All players and skill levels are welcome. You have never played basketball before? Great! It's time to start!

## CONTACT INFO

<mailto:superiorbasketballleague@gmail.com>

call 705-945-7177 (Kirk Reid)

website: [reidk2.wix.com/steelhawks](http://reidk2.wix.com/steelhawks)