



**Athletes ages 12 – 18  
(Born in 2001 to 2007)**

**September 13<sup>th</sup> – 15<sup>th</sup>, 2019**  
Newfoundland and Labrador Sports Center  
100 Crosbie Road, St. John's  
Registration Fee: \$50.00

**Submit Applications via:**

Mail to: NLBA 1296A Kenmount Road, Paradise, NL A1L 1N3  
Fax to: 709-576-8787; Email to: [lchatman@sportnl.ca](mailto:lchatman@sportnl.ca).

The NLBA will **not be accepting onsite registration** for these programs. The attached registration form **MUST** be received at the provincial office by the September 9<sup>th</sup> deadline.

**The Academy program represents an opportunity for the NLBA to put the best players in the province in front of some of the best coaches. Moving to a weekend format allows athletes from across the province to access the training rather than having it restricted to just those athletes from the St. John's and Metro area. Participants will get high level skill and team instruction suitable to their skill level. The Select Academy will focus on fundamental skills and execution, more suited to those athletes who need work on individual development. In short, athletes will receive everything they need to succeed at an interprovincial level and the necessary development to provide the opportunity to play at higher levels.**

**Elite Academy**



**Elite Academy will focus on team tactics and advanced skills, more suited to those athletes who have solid fundamentals. They will be given fitness training that will prepare them to meet and exceed the fitness requirements for provincial participation.**

**Elite Academy Athletes will receive:**

- 30 Hours of on court instruction from some of the best coaches in province.
- Fitness training.
- Classroom sessions on various elite athletic topics.
- Head Coach: Frank Foo (male) Amanda Miles and Amy Costello (female)
- Exclusive Gear package-including ball and apparel
- High level guest coaches from inside and outside of the province.
- Individualized skill feedback that will allow each athlete to target areas of need.
- Weekend Training Times:  
Weekends: Oct 4 & 5; Nov 1 & 2; Dec 27 & 28; Jan 24 & 25 and April 3 & 4. Times: 1<sup>st</sup> Day: 9-11am, 1-3pm and 2<sup>nd</sup> Day: 9-11am. Times may vary slightly on Nov, Dec, Jan and Apr weekends.

**Cost of the Elite Academy program will be \$600.00**

**Select Academy**



**Select Academy will focus on fundamental skills and execution, more suited to those athletes who need work on individual development. They will be given fitness training that will prepare them to meet and exceed the fitness requirements for provincial participation.**

**Select Athletes will receive:**

- 30 Hours of on court instruction from some of the best coaches in province.
- Fitness training.
- Classroom sessions on various elite athletic topics.
- Head Coaches: Kyle Careen (male) Shaina Adams (female)
- Exclusive Gear package- including ball and apparel
- High level guest coaches from inside and outside of the province.
- Individualized skill feedback that will allow each athlete to target areas of need.
- Weekend Training Times:  
Weekends: Oct 4 & 5; Nov 1 & 2; Dec 27 & 28; Jan 24 & 25 and April 3 & 4. Times: 1<sup>st</sup> Day: 11-1pm, 3-5pm and 2<sup>nd</sup> Day: 11-1pm. Times may vary slightly on Nov, Dec, Jan and Apr weekends

**Cost of The Select Academy program will be \$600.00**

### Registration Procedure:

**Registration Fee: \$50.00** (administrative fee included) to be paid on or before September 9<sup>th</sup>.

All registration forms MUST be received in the provincial office prior to the deadline. For additional information, please visit our web site at [http://www.nlba.nf.ca/provincial\\_teams.php](http://www.nlba.nf.ca/provincial_teams.php) or contact our office at 709-576-0247 (telephone) or 709-576-8787 (fax).

Please forward completed application and fees, prior to the deadline to:

**NLBA**

**1296A Kenmount Road**

**Paradise, NL A1L 1N3**

Fax: 709-576-8787

Email: [lchatman@sportnl.ca](mailto:lchatman@sportnl.ca)

**Payment** can be made through the NLBA website using PayPal with credit card or interac. Simply follow the on-screen directions at: <http://www.nlba.nf.ca/hm-makepayment.php>. For All PayPal transactions, PayPal charges the NLBA a transaction fee. For anyone who has paid via PayPal and wants a refund / reimbursement, the NLBA will now deduct the PayPal amount from the amount returned. Payments can also be made by e-Transfer to [nlba@sportnl.ca](mailto:nlba@sportnl.ca). Please send along the answer to the security question to email address [nlba@sportnl.ca](mailto:nlba@sportnl.ca) as well, as well as the name of the athlete registering.

### Refund Policy:

#### NLBA Academy Program

Athletes who depart from the program prior to the end of December are eligible for a 25% rebate of the total fees minus \$200.00 for apparel / equipment, administrative fees and PayPal fees. There will be no refunds for departure after **Dec. 31<sup>st</sup>, 2019**.

Refund Policy: All payments made through PayPal are subject to the deduction of the PayPal fee charged to the NLBA. All cancellations must be in writing and are subject to the following conditions:

- \$15.00 Non-Refundable Administration Fee: There will be \$15.00 administrative fee, plus the above PayPal fee if applicable for any athlete who drops out prior to the September 9<sup>th</sup> deadline.
- There will be no refunds after September 9<sup>th</sup> deadline.
- NO SHOWS – NO REFUND!!

## September 13<sup>th</sup> – September 15<sup>th</sup>

### Tryout Times:

#### **Boys' Sessions**

**Fri, Sept. 13<sup>th</sup>: 5:00 – 7:00pm**

**Sat, Sept 14<sup>th</sup>: 9:00 – 11:00am  
/ 1:00pm-3:00pm**

**Sun, Sept 15<sup>th</sup>: 9:00 – 10:30am**

#### **Girls' Sessions**

**Fri, Sept. 13<sup>th</sup>: 7:00pm – 9:00pm (all ages)**

**Sat, Sept 14<sup>th</sup>: 11:00am – 1:00pm / 3:00pm-5:00pm**

**Sun, Sept 15<sup>th</sup>: 10:30am-12:00pm**

***In April, open tryouts will be held to select U15 and U17 provincial teams to attend the 2020 National Championships. There will also be tryouts for U14 Developmental teams that will travel to an off-island competition. This is a separate program and costs for this are not included in the above fees.***

### FAQ

#### *1. Are their games involved in the NLBA Academy Programs?*

No, this is a training opportunity meant to provide elite athletes with the information they need to be successful when they play superior competition off the island and prepare them for college/university competition.

#### *2. Who is coaching?*

Each academy will have a lead trainer appointed by the NLBA from among the best coaches on the island. As well the lead trainer will be assisted by provincial coaching staffs and the NLBA technical staff. We will also bring in outside coaches in areas of expertise.

#### *3. What are attendance expectations?*

Attendance is mandatory for the 5 week-ends. Some allowance will be made for weather and the fact that athletes from outside the city may not be in a position to travel to all 5 week-ends.

#### *4. Are the sessions divided by age?*

Athletes of all ages will be placed in the section that best suits them and their development, they will be divided by potential and ability not by age. Physical size may be a factor in some decisions.

#### *5. Where will the sessions occur?*

Sessions will be at the NL Sports Centre and other suitable facilities in St John's and Mount Pearl. Athletes from Central and West will have some sessions run in their own areas. A complete list a gym location will be available at the try-outs.

#### *6. How many athletes are being selected?*

There will be roughly 30 athletes selected for both the male and female Elite Academy and approximately 40 selected for both male and female Select Academies. Total numbers may be under that number depending on the total number of suitable applicants.