

# ABERDEEN HALL GRYPHONS



**INTRODUCING...**

## THE ABERDEEN HALL GRYPHONS BASKETBALL CENTRE OF EXCELLENCE

We are excited to announce the beginning of a basketball training program which will include over 100 hours of training throughout the school year!



### HEAD COACH : MITCH GOODWIN

Mitch Goodwin brings a passion for the game of basketball and a commitment to developing youth players in the Okanagan Valley. As a Kelowna Secondary School graduate, he chose to pursue an opportunity close to home and joined the UBC Okanagan Heat program. Over five years, he grew in stature, eventually becoming the Lead Assistant Coach and facilitating the Junior Heat Development Program.

Mitch has also had the opportunity to share his knowledge on an international level, coaching Team Kelowna at the International Children's Games in Jerusalem, Israel in 2018 and Coventry, England in 2022. To further increase his skill set Mitch is currently completing National Coaching Certification Program (NCCP) Level 3 training.

Given his decade of experience as a coach, Mitch has played an instrumental role in helping elite Okanagan players reach Prep School and USports programs throughout North America.

### GRADE 6 - 8 MIDDLE SCHOOL BASKETBALL TRAINING 2024-2025



#### SEPTEMBER - OCTOBER

Mondays - 3:30-5:00pm  
Thursdays - 7:00-8:20am  
Sundays - 10:00-12:00pm  
\*No sessions October 6 or 13

#### NOVEMBER

Thursdays - 7:00-8:20am  
Fridays - Nov 15 & 22 - 3:30-5:30pm  
Sundays - 10:00-12:00pm

#### DECEMBER

Thursdays - 7:00-8:20am

#### JANUARY

Thursdays - 7:00-8:20am  
Sundays - Jan 19 & 26 - 5:00-6:30pm

#### FEBRUARY - MARCH

Thursdays - 7:00-8:20am  
Sunday, Feb 9 - 5:00-6:30pm

#### APRIL - JUNE

Wednesdays - 3:30-5:00pm

### GRADE 9 - 12 HIGH SCHOOL BASKETBALL TRAINING 2024-2025



#### SEPTEMBER - OCTOBER

Mondays - 5:00-6:30pm  
Tuesdays - 7:00-8:20am  
Sundays - 12:00-2:00pm  
\*No sessions October 6 or 13

#### NOVEMBER

Tuesdays - 7:00-8:20am  
Fridays - Nov 15 & 22 - 5:30-7:30pm  
Sundays - 12:00-2:00pm

#### DECEMBER

Tuesdays - 7:00-8:20am

#### JANUARY

Tuesdays - 7:00-8:20am  
Sundays - Jan 19 & 26 - 6:30-8:00pm

#### FEBRUARY - MARCH

Tuesdays - 7:00-8:20am  
Sunday, Feb 9 - 6:30-8:00pm

#### APRIL - JUNE

Wednesdays - 5:00-6:30pm

**COST: \$500 FOR THE YEAR**

\*\*Note that no refunds will be given upon sign-up and fees will not be prorated if students do not attend a session.\*\*



**ABERDEEN HALL**  
PREPARATORY SCHOOL

Teaching Excellence | Inspiring Futures | Shaping Character

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**REGISTER NOW**