

## TEAM CANADA QUALIFIES FOR 2010 WHEELCHAIR BASKETBALL CHAMPIONSHIPS



(Richmond, BC) – A decade's worth of adversary between two international wheelchair basketball powerhouses reached a fever pitch on Saturday when Canada and the USA met in the championship game of the America's Cup held August 24 – 29, 2009 in Richmond BC. Team Canada took home second place in the gold medal match up Saturday following defeats of Columbia, Argentina and Mexico in earlier round robin match-ups and Jamaica and Brazil in the quarter and semi-finals. Despite a hard fought battle, Team Canada lost to Team USA 69-79.

Canada and USA both carried undefeated records (5-0) into the final.

Team Canada dominated the first half of play, leading 41-34, with Joey Johnson (Winnipeg, MB), Adam Lancia (Toronto, ON) and Dave Durepos (Fredericton, NB) contributing 10, 8 and 7 points respectively. The second half of the game saw Team USA fight back hard, sinking an impressive 18 points in the third to narrow Canada's lead to two at 54-52 and another 27 points in the last ten minutes to finish the tournament in first place.

High scorers for Team USA were Jason Nelms, Jeremy Lade, Paul Schulte and Nate Hinze with 18, 18, 11 and 10. Out of Team USA's total score 61 out of 79 points were scored off the bench. Lancia sunk 14 points for Canada, while Johnson,

Richard Peters (Vancouver, BC), Durepos and Bo Hedges (Vancouver, BC) added 11, 11 and 10 each. Their silver medal finish means Canada will be seeded well in the 12 team World Championships next summer.

"We have to concentrate on the positive today," said Team Canada head coach Jerry Tonello. "We've qualified for the World Championship in Birmingham."

When asked about the game against the USA, he said, "We played against a team of great athletes, just as we did when we met them last year in Beijing. There were times in the game when they got a run on us and we didn't have an answer for them and that is what killed us. More than anything, we weren't able to keep up with our offence today."

"Even though we've had some retirements and lost some key players, we're looking to rebuild... and we see some promise." The game concludes a weeklong tournament at the Richmond Olympic Oval in which the top three teams earned a spot at next year's World Championships in Birmingham, England. *(from the Wheelchair Basketball Canada website.)*

*BCWBS would like to thank all the participants including teams, sponsors, volunteers, and spectators for their great support to this successful event. Best wishes to Team Canada at the Gold Cup in Birmingham, England this summer.*

## 2 The NETWORK

BC WHEELCHAIR BASKETBALL GRATEFULLY  
ACKNOWLEDGES THE FOLLOWING  
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## NEW REGIONAL COACHES APPOINTED

In the fall of 2009 coach Patrick Harris retired from coaching in Prince George after 20 years of operating extremely successful wheelchair basketball programs. We will miss Pat but we thank him for honouring the tradition of recruiting one's own replacement. Local players Elisha Williams and Avril Harris have accepted the role of Regional Coaches for Northern BC and we are looking for great things from these talented individuals.

A former Prince George athlete, Elisha is happy to be back in her home town and coaching wheelchair basketball. Elisha has been playing wheelchair basketball for five years and is on the Canadian Women's development team as well as the BC Breakers, Douglas Lions, and NWBA Inferno. Elisha loves to coach and is currently working towards her NCCP level 3.

Avril was born and raised in Prince George. Having Pat Harris as a dad and mentor means that Avril got an early start in the sport of wheelchair basketball as a player and as an instructor of school programs and youth teams from the moment he was born. Additionally, Avril has been on Jr. Team BC since he was 13 and was selected for Team BC during the 2007 Canada Winter Games. In the 2006/07 season, Avril coached the 8 1/2 foot in Prince George and he readily admits that coaching as well as playing are major goals for him.

## TIM FRICK NAMED 2009 GEOFF GOWAN AWARD RECIPIENT FOR LIFETIME ACHIEVEMENT

(Ottawa, ON) Wheelchair Basketball Canada is pleased to announce that former Canadian Sr. Women's Wheelchair Basketball Coach Tim Frick is the co-recipient of the Geoff Gowan Lifetime Achievement Award in 2009. The Coaching Association of Canada honoured Frick and world-renowned gymnastics coach Keith Russell with the award for their lifetime contributions to coaching development on Friday November 13, 2009.

Through his outstanding coaching career Frick has proven to be an invaluable resource for Canadian athletes in a variety of sports and most notably in wheelchair basketball where under his tenure the success of the Canadian Sr. Women's National Team rivals that of any Canadian team. He led Canada to seven straight Paralympic and World Championship gold medals from 1990-2008. He is the "winningest" coach in wheelchair basketball history and his involvement with the Canadian program corresponds with an incredible winning streak that spanned over a decade.

Frick is a leader whose scope and influence stretches far beyond the basketball court. He has consistently demonstrated an ability to push competitors to new levels and peak performance. Athletes of all ages, skills, and backgrounds respect Frick as a tireless teacher, an esteemed mentor, a great motivator, and a generous advocate; skills that have earned him the respect of his peers around the world. Congratulations Tim! (*from the Wheelchair Basketball Canada website.*)

## JUNIOR REPORT

# STRIKERS AND GOLD RUSH TAKE TOP SPOT AT 2009 JUNIOR WHEELCHAIR BASKETBALL CHALLENGE



Juniors came from across the province to demonstrate their skills and enthusiasm for the sport of wheelchair basketball. Through the years, we've seen great growth in the development of our junior players, and their abilities were on display the November 14th & 15th weekend. Our junior programs continue to grow in different regions of the province.

## 8 & ½ Foot Division

Players came from Prince George, Vancouver Island, the Fraser Valley, and the Lower Mainland. This division has many players that play weekly in our programs and that is why we see such great improvement in their shooting, passing, and knowledge of the game. These dedicated players are mixed in with other players who are giving wheelchair basketball a try for the first time. All of these youngsters receive great coaching and encouragement from the likes of Brad Hagkull, Emily Heard and national team star Bo Hedges.

The Gold Rush eventually took home the Division Championship for 8 ½ foot. It's very exciting to see so many players enjoying playing for the love of the game. Special thanks go out to all the parents who support the junior programs throughout the year and support this tournament, year after year.

## 8 & ½ Ft. Division Champion: Gold Rush

Sharp Shooter: Jack Kosterman, Langley  
 Defensive Players: Joel Ewert, Prince George  
 #1 Hustle: Ben Hagkull, Chilliwack  
 Best Chair Skills: Ben Garrett, Chilliwack  
 Leadership: Devon Olson, Nanaimo  
 Spirit of Fairplay: Sierra Sulin, Nanaimo

## 10 Foot Division

There were three very competitive teams that included some new additions from our Trinity Western University intramural program, as well as some 8 1/2 foot call ups. Teams were coached by John Lundie (The Strikers), Anthony Purcell (The Lions) and Cheryl Corrigan (The Trojans). Many games came down to the last minute possessions, and a great time was had by all. The Lundie and Lundie partnership led the Strikers to the overall championship as they remained undefeated all weekend. A big thanks goes out to all the players and families that travelled a long distance to make the Junior Challenge a huge success.

## 10 Ft. Division Champion: Strikers

Sharp Shooter: Chris Wong, Coquitlam  
 Defensive Player: Derek Lundie, Delta  
 #1 Hustle: Chad Palmer, Langley  
 Best Chair Skills: Avril Harris, Prince George  
 Leadership: Anthony Townsend, Nanaimo  
 Spirit of Fairplay: Nathan Bragg, Maple Ridge

We would also like to thank all the volunteers, especially Trish Nicholson and her leadership class for their hard work, as well as our generous sponsors: the Province of BC, Rick Hansen Foundation, McRoberts Secondary School, Save on Foods, Holiday Inn Express, and Panago Pizza. We are extremely grateful for the support we receive from the community to continue to host this fantastic event! We look forward to welcoming everyone back next year.

## CALENDAR OF EVENTS

### DECEMBER

12-13 BC-CWBL Division 2 Kamloops  
Tournament, Kamloops, BC

### JANUARY

- 2-3 Provincial Team Program  
High Performance Camp  
Douglas College, New West
- 2-3 BC-CBWL Division 1 Tournament  
Douglas College, New West
- 6 Tim Frick Winter City League  
begins, Douglas College, New West
- 16 BCWBS Awards Nominations Due
- 16-17 BC-CBWL Division 2 Lower  
Mainland Tournament, TWU,  
Langley
- 16-17 BC-CWBL Division 1 Tournament  
(TBC)

### FEBRUARY

Down Time due to Olympic –  
Program maintenance

6-7 Division 1 Tournament  
TWU, Langley

### MARCH

- 6-7 BC-CWBL Division 2 Finals  
Douglas College, New West
- TBD Western Mini Basket Festival, TBD
- 26-28 Canada Game Program –  
Jr. Nationals Try-Out,  
Douglas College, New West

### APRIL

- 2-4 CWBL Open Finals, Douglas  
College, Coquitlam/New West
- 10 Kelowna Jamboree, Kelowna, BC
- 24 Hoopfest, TBD

Please check our website for the calendar  
update for more events.

### JUNIOR REPORT CONT.

## JUNIOR CAMP HELD AIMING FOR CANADA GAMES

September 19/20 found many junior athletes from around the province at Douglas College, New Westminster for a Canada Games stream junior camp. The participants benefitted from sessions with Provincial Coach Cheryl Corrigan, as well as guest coaches Bo Hedges, Ross MacDonald and Anthony Purcell. Regional Coach Joe Higgins ran a coaches clinic in concert with the junior camp, and on Sunday, the junior athletes were also exposed to new coaches John Lundie, Brad Hagkull and Makiko Harada. The junior athletes also benefitted from Sport BC Nutritionist Cristina Sutter.

The next camp in the Canada Games program will be tryouts for Junior Nationals at Douglas College, New Westminster. This camp will run from Friday, March 26th to Sunday, March 28th.



## BCWBS ANNOUNCES APPOINTMENT OF LET'S PLAY PROJECT MANAGER

Mike Prescott has been hired as the Project Manager of the BCWBS *Let's Play Project*. Mike is well qualified to lead this project as much of his past work experience has been involved with developing accessible programs and projects. Mike's most recent project was to design and develop a strategy for promoting accessible tourism in BC and resulted in substantial changes to assessing and communicating accessibility in parks. Currently Mike is working on his own website ([everyoneincluded.com](http://everyoneincluded.com)) which provides strategic guidance to organizations to ensure everyone benefits from their programs and services.

The BCWBS *Let's Play Project* is a joint collaboration with The Rick Hansen Foundation and the Ministry of Education which has resulted in the BCWBS developing a unique approach designed to enhance the lives of British Columbian children aged 0-6 years old as identified in the Canadian Sport for Life (CS4L) stages of Active Start and Fundamentals.

Children with disabilities aged 0-6 years old currently have very limited options in terms of play and specifically play which is inclusive of able bodied children.

This Project will make a considerable difference in the lives of children with disabilities aged 0-6 years by way of emphasis on physical literacy and social development which are critical to the overall health of our society.

For further information contact: Lou Rene Legge at  
BC Wheelchair Basketball Society, phone 604-333-3531,  
fax 604-333-3450, email: [lourene@bcwbs.ca](mailto:lourene@bcwbs.ca).

**JUNIOR REPORT CONT.****REPORT FROM THE LOWER MAINLAND PROGRAMS***Chilliwack Program (Coach: Brad Hagkull)*

“One-two-three-four . . . Go Cheetahs! This is the team cheer from Chilliwack at the end of every Monday night practice. The Cheetahs huddle together at centre court, grab another’s chair and chant this loud enough so that the people in the upper Weight Room wonder what’s going on in the gym. The Chilliwack Cheetahs Jr. Wheelchair Basketball Team practice has been a fixture every week at the Cheam Centre in Vedder Crossing since September and are now in their third year. When the athletes arrive, we usually start in a circle and spend a few minutes catching up on our week, introduce ourselves and each week share a favourite thing (flavour of ice cream, plant, sport, school subject, month of the year and so on). The team meet at the start is an important part since athletes need to know who their teammates are and what their interest are.

Typically, a Cheetahs practice combines five elements: chair skills, ball handling, passing, shooting and a scrimmage. Any one of Cheetahs will tell you that their favorite part is the scrimmage. Often, the games are tight and there are parents to offer cheers and encouragement. It is so rewarding as a coach to see the athlete’s skills develop from week to week. We all have a lot of fun, we get a good workout and leave with sweaty foreheads. That’s why we love what we do! Any young teen in the Eastern Fraser Valley is welcome to join us. Email Coach Brad at [hagkull4@shaw.ca](mailto:hagkull4@shaw.ca) for information about their program in the Spring

*Surrey Program (Coach: Makiko Harada)*

The Surrey program runs at Tong Louie Family YMCA in Surrey from 5:30-7pm every Friday. This season we have five junior

players, aged from 9 to 17, and our super volunteer Chad who is also a player, coming out regularly. This program focuses on junior development, introducing basic wheelchair basketball skills such as chair skills, ball handling, shooting, passing, etc. We will be working on some team skills such as team offense and team defence while continuing to work on individual skills in the New Year.

I enjoy seeing all five players improve every session. Ben, Parveen, and Wahid were using their day chair to start and they were first anxious of trying a sport chair. But once they gave it a try, they loved it and now they push like real athletes. Parveen, Trevor, and Jack participated in the annual Junior Challenge Tournament in Richmond on Nov 14/15 for the first time. They showcased their skills playing with and against other junior players from other programs. I am very proud to say that they all were the members of the champion team this year. Congratulations!

Our focus is not only on the basketball skills but on learning independence and teamwork. It is exciting to see that the more we practice together, the more the players do things without their parents’ help and the more they help their teammates on and off the court.

We welcome beginners to experienced participants as well as people with and without disabilities between the age of 8 and 18. We welcome boys but I am really hoping that more girls come out as we only have one girl in our program so far. If you are interested, don’t hesitate to come out one night. We have good exercise, good laughs, and great players. Give it a try and I’m sure you’ll love it. If you have any questions about the program or if you are or you know anyone interested in the program, feel free to contact Makiko at [makiko@bcwbs.ca](mailto:makiko@bcwbs.ca) or 604-333-3532.

**AGM HELD ON NOVEMBER 7, NEW BOARD MEMBERS WELCOMED**

BCWBS annual general meeting was held on November 7 at Douglas College gymnasium in New Westminster. More than 20 members attended and welcomed two new members, Bo Hedges and Lindsay Thom to the BCWBS Board. You can find the minute of the AGM on BCWBS website at [www.bcwbs.ca](http://www.bcwbs.ca).

**Bo Hedges – Director at Large**

Bo Hedges began playing wheelchair basketball in 1995 by starting a team in Fort St. John. Bo moved to Prince George in 1998 to further his education at the University of Northern BC and continued playing there with the PG Titans, as well as making the senior men’s provincial team in 1999. He participated on the National Junior men’s team in 2001, received his Business Marketing Degree from UNBC in 2004, and then moved to Vancouver in 2006 seeking a better training setting. The move proved fruitful, as he made the Senior National team in 2007, and was a Silver Medallist in the 2008 Beijing Paralympics. Bo has been a great role model in BC to athletes both young

and old. He is always willing to help the society and its members to grow, demonstrated in such positions as being a Division 1 league rep and mentoring athletes at various BCWBS events. Bo is currently on the national team and training for London 2012.

**Lindsay Thom – Director at Large**

Lindsay has been involved with BCWBS and BC Wheelchair Sports since early 2008 when she was selected to travel to the 2008 Beijing Paralympic Games as the media attaché for Canada’s men’s and women’s national wheelchair basketball teams. With extensive experience in public relations and communications, Lindsay works in communications at the BC Innovation Council (BCIC). Prior to joining BCIC, she spent three years at the Rick Hansen Foundation as the PR & Media Relations Specialist enjoying two of her passions: communications and sport. Lindsay joined the board of BCWBS in fall 2009.

## REGIONAL REPORTS



Tim Frick Fall 09 Wrap Up

### TIM FRICK LEAGUE FALL 09 WRAP UP

The Fall 2009 session of the Tim Frick League recently wrapped up play for the season. This season some of our long-term basketball families challenged our concept of the generation gap with various pairings of parent and child on the court. The senior members gained valuable insight into the importance of understanding the rules of play (especially those fouls, eh, John?!), and the junior members discovered that they could take on their parent generation.

We bid a temporary farewell to Lori, our dedicated referee, as she donates her valuable time to great causes in India. We look forward to welcoming her back for our winter session in 2010. Her absence left such a big hole, it required two or three replacements to fill it. Thanks to Dean, Terry, and Conston for keeping us honest on the court.

It is this reporter's impression that the level of play has risen a few notches. Many of our new City League players brought energy and a great shot to this season's game and challenged us all to push harder. Gone are the days when coasting down the court might be considered a break-away lay-up opportunity. As for the veteran players, it was evident that they have been working at their game too. Both Natalie and Steven brought their game this season, forcing the rest of us to play up. Our season-ending awards presentation saw Coach Joe getting emotional (was it the brownies, Joe?!) as he honoured those who brought their best to this season.

If all this sounds like fun to you, put your game face on and sign up early for the Winter 2010 season starting January 7th. Contact Coach Joe or Makiko at BC Wheelchair Basketball.

### TRINITY WESTERN PILOT PROJECT

Every Monday night at Trinity Western University in Langley, wheelchair basketball is being experienced by staff and students.

This pilot project is a unique initiative where students and staff have had the opportunity to try playing and developing the skills of wheelchair basketball. Patrick Anderson and Joe Higgins share the sport and put these athletes through a mixture of fun games and skill development. This pilot project has already seen Trinity Western students participate in our Junior Challenge and we have begun to develop a relationship with the adaptive physical education classes as well.

It is great to work with such supportive staff at Trinity Western. This partnership has worked out very well for our society and the students seem to have a great time. Thanks to all the people behind the scenes that have made this such a success. The intra-mural program has been running Monday nights from 8 to 10 pm.

### BCWBS SCHOOLS PROGRAM

The BCWBS Schools Program has been very busy as of late with the influence of the 2010 Winter Paralympics. Provincial Coach Cheryl Corrigan and Regional Coaches Joe Higgins and Avril Harris have been doing demonstrations at schools all over the Lower Mainland and Prince George. The Schools Program entails a full one day of physical education classes taught by one of the BCWBS coaches followed by a week of chair loan. Many schools incorporate a Challenge game during one of their lunch hours, where the basketball team takes on the teachers.

Schools that have benefitted from the exposure to wheelchair basketball in the Lower Mainland are: Semiahoo Secondary (Surrey), Hamber Community Schools (Vancouver), Scott Creek Middle School (Coquitlam), West Vancouver Secondary and Argyle Secondary (North Vancouver). If you are interested in participating in the BCWBS Schools Program, please find more info on our website ([www.bcwbs.ca](http://www.bcwbs.ca)) or contact Makiko Harada at [info@bcwbs.ca](mailto:info@bcwbs.ca) or 604-333-3532.

# BC-CWBL REPORT

## Division 1

For the first time, BC-CWBL Division 1 League implemented a draft this season. Three coaches (Cheryl Corrigan, Joe Higgins, Peter Taylor) sat at the table along with Lou Rene Legge, Acting Managing Director of BCWBS on September 16 and picked their players for their teams. We are excited that half the players in the league are from regions. We hope this leads to the development of high performance athletes throughout the province.

**Division 1 Teams:** Douglas College Royals, Douglas College Lions, Douglas College Dingos

Three teams will be playing 15 games in total throughout the season with the goal of top seeding at the CWBL Open finals (Coquitlam/New Westminster, BC in April 2-4, 2010).

All three teams have a berth at the Club Championship where the Bronze and Gold Medal games will be webcast by Sport Canada TV on April 4th.

## BC-CWBL Division 1 Game Schedule & Results

November 6 – 8 (Douglas College, New Westminster):

Douglas Lions v Douglas Royals 66 – 59

Douglas Dingos v Douglas Royals 32 – 50

Douglas Lions v Douglas Dingos 58 – 42

January 2 – 3 (Douglas College, New Westminster)

January 16 – 17 (Dates to be confirmed)

February 6 – 7 (Trinity Western University)

March 6 – 7 (Douglas College, New Westminster)

## Division 2

Seven (7) teams are playing in Division 2 again this year. With the feedback from the players last year, BCWBS made some adjustment in classification system as well as encouraged

regional teams to host a tournament. Kelowna, Kamloops, and the Lower Mainland are hosting a tournament and Victoria is also working on hosting a tournament this season. BC-CWBL Finals will be taken place on March 6 & 7 at Douglas College in New Westminster.

**Division 2 Teams:** Hooligans, Breakers, Vintage Cable Cars, Victoria, Okanagan Thunder, Kamloops Bulldawgs, Mid Island Tsunami

## FIRST DIVISION 2 TOURNAMENT OF THE SEASON HOSTED BY OKANAGAN THUNDER, NOVEMBER 28 & 29, 2009

Our CWBL Division II season is underway. The Okanagan Thunder hosted the Hooligans, the Kamloops Bulldogs, the Vintage Cable Cars, and the Victoria Islanders in a fabulous weekend of wheelchair basketball.

All the teams had a great time. It's great to see so many new players playing and sharing the sport with seasoned veterans. Our regional teams are getting stronger and are having more people participating in the sport, thanks to the leadership of players like Tyler Tingle, Brian Shore, Jean-Luc Lagan, and Anthony Purcell, weekends like this are possible. They do a great deal behind the scenes organizing their teams, and doing whatever it takes to make the tournament successful.

One of the highlights of the weekend was the development of local officials in Kelowna. Thanks, Thunder, for hosting such a great event. We look forward to seeing you all in Kamloops December 12th and 13th.

## BCWBS MEMBERS NAMED HONORARY MAYORS FOR PARALYMPIC VILLAGES AT 2010 WINTER GAMES

We are thrilled to announce that BCWBS member Marni Abbott-Peter and Patrick Anderson as well as the great supporter of BCWBS, Rick Hansen are named honorary mayors for Olympic and Paralympic Villages at 2010 Winter Games.

According to VANOC, "The honorary mayors - two per village per Games - will be the face of British Columbia and Canada at the brand-new athletes' villages.... The mayors will officially

open the villages in February and March, officially welcome all national teams and dignitaries, including heads of state and members of the Olympic Family, as well as join athletes at informal social gatherings in the village living room in Vancouver and around the nightly bonfire in Whistler."

For more information, please visit [www.vancouver2010.com](http://www.vancouver2010.com).

# COACHES CORNER

## BCWBS Coach Updates

### Provincial Coach - Cheryl Corrigan

BCWBS kicked off it's High Performance season November 6-8 with the first games of the Division One season and the ensuing High Performance Camp at Douglas College, New Westminster. In a draft renewed season, Division One contains three highly competitive teams, and in the first game, Joe Higgin's Lions defeated Cheryl Corrigan's Royals in a hotly contested battle. In the second game, the Royals bounced back and defeated Peter Taylor's Dingos. And in the final Sunday game, the Lions stayed undefeated by a large margin over the Dingos.

Highlights of the high performance camp included sessions with Strength and Conditioning Guru Steve Ramsbottom, Nutritionist Cristina Sutter and BC Athlete's Voice's Joe Hitchcock. The camp proved to be a good starting ground for each of the Division One teams as they got on court sessions with their coaches, and began to work on team systems and chemistry.

Note that the next High Performance Camp will be January 2/3, 2010 at Douglas College, New Westminster. Game times for Division One during that camp are TBA.

### Regional Coach – Elisha Williams

The Prince George Titans programs are off to another great season. We would like to give a HUGE thanks to the Kinsmen Club of Prince George for their on going support and use of the Kinsmen Community Complex.

Mini Hoops is running on Monday nights from 5:30-7:00 and our Adult rec program is on Monday and Wednesday nights. The 8 1/2ft kids are a delight to coach. Our very own Joel Ewert competed in the 2009 Jr. Challenge and did very well. We are pleased to have one new player join our Adult rec program, Robert. Robert is developing quickly and has a ton of potential. We would also like to recognize Tyler and Kyle, who have made it out to every practice no matter the weather. As for our other members, Michelle, Lara, Ethan and TJ, keep up your enthusiasm and hard work. We hope to see everyone out in the New Year.

Avril continues to demo wheelchair basketball to a number of schools in the Prince George area from K-12. So far this year we have had a great response with our school demos. Avril has developed units for gym classes which run all day for a week. We hope that some schools will book us for three weeks to really learn how to play and hopefully entice some new members. We have 3 members playing in CWBL Div 2 this year and two members playing in Div 1. We are always looking for games so if any of you are in PG let us know because we'd love to have you join us for a practice or game. Wishing you all a very Merry Christmas and HAPPY HOLIDAYS.

### Regional Coach – Joe Higgins

Regional programming is well underway throughout the province. Many of the players are preparing for competition in CWBL Division II. A large number of the best regional players our province has to offer have already competed in a high performance camp and CWBL Division I. Welcome to all the new players and job well done.

I have had the opportunity to run regional practices in Kamloops, Kelowna, and Chilliwack and look forward to running other regional practices/camps in other areas of the province. If you are interested, please contact me at [joe@bcwbs.ca](mailto:joe@bcwbs.ca)

### *Tips for Coaches: Enjoy the Game*

Know the background of your players and whether they have played basketball/sports before.

- Why they are playing?
- Are they competitive?
- What are the challenges?

How long have they been playing wheelchair basketball?

- Understand their level of play?
- Understand experience they have had so far?
- Inspire/motivate

Do they understand strengths and weaknesses of offensive systems and defensive systems?

- Try to put each player in a position for success
- A role on offense/defence

Do they understand the differences between stand up basketball and wheelchair basketball?

- Classification system
- Rules
- Adaptations
- Opportunities

Do they understand their own strengths and weaknesses?

- Areas they do well?
- Areas needing improvement?
- The steps to developing athletically

Do they understand the class system and how it affects them individually and their team?

- Every level has different abilities/challenges
- The Point System is different at every level

Do you have a glossary of terms?

- There are many ways, to say the same thing
- Understanding basketball terminology will help you enjoy/learn the game