

# GRAHAM GRIZZLIES ATHLETICS

Hello Parents,

This fall Grizzlies Basketball is once again excited to announce that we will be teaming up with a number of different college, university and private coaches in our region to offer early morning skill, strength, flexibility, agility and injury prevention development and training sessions. This is an amazing opportunity for our basketball players at Graham. All training sessions will be open to boys and girls in grades 8 thru 12 planning on playing basketball for the Grizzlies this season. (Please Note: If your son or daughter is in grade 7 and has been playing at the elite club level prior to coming to Graham and you would like them to attend our elite morning sessions please contact Mouritzen ASAP). There will be no cost to attend these sessions. All costs will be covered by the Graham Basketball Program. Any student athletes that plan to play basketball for the Grizzlies this year are invited and strongly encouraged to attend all of the training sessions scheduled this fall.

Coaches will be working on individual player development with players during these sessions and a variety of different themes will be covered each morning. We strongly believe these sessions will benefit ALL of our basketball players and better prepare them for their high school season. Sessions will run from 6:45 am to 8:00 am. We ask that all athletes are on the floor ready to begin the session right at 6:45am. We ask that all players make sure they bring a water bottle to any session they attend. If you have any questions about the Grizzlies Preseason Training and Development program please contact Athletic Director Jake Mouritzen: [jake\\_mouritzen@sd33.bc.ca](mailto:jake_mouritzen@sd33.bc.ca) .

**Complete Schedule below:**

**GRAHAM GRIZZLIES ATHLETICS**  
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# **GRAHAM GRIZZLIES ATHLETICS**

**Take Your Game to the Next Level!!!!**

## **Graham Grizzlies Basketball Pre-Season Training**

**THIS FIRST SESSION IS FROM 4:00 to 6:15 pm - FRIDAY SEPTEMBER 22<sup>nd</sup>**

Friday September 22<sup>nd</sup> – Vladi Nikic – Former Men’s Head Coach Kwantlen University

**ALL SESSIONS BELOW RUN FROM 6:45am to 8:00 am**

Tuesday September 26<sup>th</sup> – Cheryl Jean-Paul – Women’s Head Coach Trinity Western

Thursday September 28<sup>th</sup> – Cheryl Jean-Paul – Women’s Head Coach Trinity Western

Tuesday October 3<sup>rd</sup> – Gabe Gibbs – G2 Training Athletics

Thursday October 5<sup>th</sup> – Gabe Gibbs – G2 Training Athletics

Tuesday October 10<sup>th</sup> – Gabe Gibbs - G2 Training Athletics

Wednesday October 11<sup>th</sup> – Elle Kerfoot – EK Hoops Training

Wednesday October 18<sup>th</sup> – Joe Enveldson – Men’s Head Coach Douglas College

Thursday October 19<sup>th</sup> - Al Tuchscherer – Women’s Head Coach UFV

Tuesday October 24<sup>th</sup> - Al Tuchscherer – Women’s Head Coach UFV

Wednesday October 25<sup>th</sup> - Elle Kerfoot – EK Hoops Training

Monday October 30<sup>th</sup> – Jon Schmidt – Impact Hoops

## **Background Information on all our presenters follows below:**

### **Al Tuchscherer – UFV - Women’s Head Coach**

Al Tuchscherer took over head coaching duties with the University of the Fraser Valley women’s basketball program in 2002, and is currently the longest-serving coach in the Cascades athletic department.

A native of Pitt Meadows, B.C., Tuchscherer was head coach at Pitt Meadows Secondary (1992-96) before joining the Cascades as an assistant coach.

He began his UFV head coaching tenure by guiding the women’s hoopsters to back-to-back-to-back PacWest championships, and four straight CCAA championship

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appearances. During his four seasons in the PacWest (then known as the BCCAA), he compiled a remarkable 71-1 regular season record and an overall mark of 87-7.

UFV joined the CIS in 2006-07, and Tuchscherer coached the Cascades to Canada West playoff berths in their first two seasons. The Cascades made their first of four consecutive appearances at the Canada West Final Four in 2010-2011, culminating with a silver medal in the 2013-2014. The team went on to cap the 2013-14 campaign by earning the program's first CIS medal, a bronze, at the Final 8 National Championship in Windsor, Ont.

Tuchscherer earned a Bachelor of Arts degree in Mathematics from UFV, and is also a graduate of Simon Fraser University's Professional Development Program in Teacher's Education. He's a three-time PacWest Coach of the Year, a two-time CCAA Coach of the Year and a BC Basketball Coaching Excellence Award winner.

## **Coach Joe Enevoldson – Douglas College Mens Head Coach**

Enevoldson, the current head coach of the BC Boys Provincial U17 team, comes to the Royals with extensive CCAA and CIS knowledge and coaching experience. A former student-athlete at the University College of the Cariboo (now Thompson River University), Enevoldson has held coaching positions at UBC, TRU and Mount Royal University. Over the past two years, he has led the Boys BC U16 Provincial Team to back-to-back gold medals at the Canadian National Championships.

## **Cheryl Jean Paul – Trinity Western University Women's Head Coach**

Cheryl Jean Paul is in her fourth season as the Spartans women's basketball coach.

Aside from her TWU duties, she has been the head coach for Basketball BC's Fraser Valley RTC (Regional Training Centre) girls' program, where she has coached some of the top Grade 7-10 athletes in the Fraser Valley.

She has also coached Basketball BC provincial teams for the past two summers, guiding the U14 girls' team in 2011 and the U15 girls' red team in 2012.

Jean-Paul is also working with the Langley-based Special Olympics team and mentoring its coaches as it prepares for the 2013 Special Olympics BC Summer Games.

Prior to joining the Spartans, Jean-Paul had over ten years of coaching experience and a wealth of playing experience. Her coaching pedigree includes three years as head coach at Red River College where she won a Manitoba Colleges Athletic Conference title in 2009. Prior to that she also won three consecutive conference championships and a provincial bronze medal with River East Collegiate's junior varsity team and was an

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assistant coach with the University of Manitoba Bison's women's basketball team for two years.

Jean-Paul was the head coach for Manitoba's 2009 Canada Games U17 girls' team and was the women's head coach for the Manitoba Region of Canada Basketball's Centre for Performance program. She was also named head coach for Manitoba's 2011 Western Canada Games U15 midget girls' team but stepped down from that position upon being hired at TWU.

Jean-Paul, who is a Level III NCCP certified coach as well as a Master Learning Facilitator for the NCCP Intro to Competition basketball coaching course, has been recognized for her coaching abilities by being awarded the Jim Bulloch award by the Manitoba Basketball Coaches Association as well as being a Finalist for the Coaching Manitoba High Performance Coach of the Year award.

## **Coach Jon Schmidt – Impact Hoops**

Jon played his university basketball at Trinity Western where he was the starting point guard and co-captain. After graduating in 2009 Jon worked with the nationally acclaimed PGC Basketball every summer from 2010-2014. Jon had the unique opportunity to travel across North America with PGC helping instruct sessions in Texas, Oklahoma, Colorado, Washington, Oregon, and California. PGC is widely regarded as the best basketball camp in America and these experiences were invaluable to his development as a coach. In March of 2014 Jon committed to running Impact Hoops on a full time basis. Jon is passionate about impacting the local basketball community and inspiring athletes to improve, be successful, and stand out as players and leaders. Jon's vision is to see Impact Hoops continue to grow as one of the leading basketball programs in the Fraser Valley.

## **Vladi Nikic - Previous Mens' Head Coach at Kwantlen University, Provincial Team Coach and Varsity Boys Head coach at Delview High School.**

Coach Vladimir Nikić is a Level 3 NCCP certified coach who has worked at the CIS, CCAA, IBL, and FIBA levels. Earlier in his life he played semi-professionally in Europe for the club team (Vojvodina) in former Yugoslavia. Upon moving to Canada, he officiated basketball at the Canada West and BCCAA levels. After completing his Education Degree from SFU, Coach Nikić was hired to teach and coach basketball at Delview Secondary school where his teams won over 200 games over the last 7 seasons and qualified for the BC Championships multiple times. Coach Nikić previously served as a Basketball BC Provincial Team coach at the U14 and U17 levels and he was also part of the staff at the Regional Training Centre (RTC). Coach Nikić is a strong believer in positive attitude, individual skill development, and overall character.

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## **Gabe Gibbs - G2 Training Athletics**

Gabe, a former NCAA athlete, has over three years of professional and international training experience & built G2 Training to primarily transfer that knowledge onto the next upcoming athletes, Youth and rising stars. Providing the lower mainland and Vancouver's Basketball Community with top quality training from the same curriculum used with the Pros. G2 Training Athletics programs run primarily in Burnaby

Accredited trainer full-time in 2013 – present, had the privilege of working exclusively for 3 years with NBA LA Lakers Metta World Peace, while also working with other professional talent such as Kelly Olynyk, Demar Derozan, Seth Curry, Iman Shumpert, Gilbert Arenas, Philip Scrub Chinese Basketball Assoc. and more.

Gabe brings a wealth of high level experience Using innovative training methods, G2 Training skill development sessions are designed to raise the bar and challenge the athlete.

### **Fun Facts:**

1. Gabe didn't play high school basketball until Senior Year
2. Gabe received his 1st Full Ride Scholarship and opportunity to play collegiately 2 years after high school
3. Has played along side some of your favorite NBA stars

## **Elle Kerfoot – EK Hoops Training**

Elle runs a super successful training center in Cloverdale. Elle's personal accomplishments include:

- BC Provincial team member, 2005-2008
- BC AAA Provincial Champion- Elgin Park, 2008
- BC AAA High School Player of the year, 2008
- Seattle University (NCAA D1)
  - Full ride scholarship
  - Starter & Captain, 2008-2012
  - SU All-time 3 point makes record holder
  - Listed on SU all time scoring record list
- Professional Contract (Belgium, Div 1- Houthalen,2013)
- Selected for " So you want to be a coach"- prestigious program sponsored by the NCAA- 50 girls chosen for specialized coaching training and networking across the U.S, 2012

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