



Meet the Coach

- Starting PG of 2011 U15 Ontario Team, National Champions
- Attended High Point Christian Academy in High Point, North Carolina, from 2013 to 2015
- Participant in the 2015 All-Star game for North Carolina 3A Private Schools
- Voted an All-Conference player in 2015 in the toughest conference in North Carolina
- Voted an NCISAA All-State player for 3A Private schools in North Carolina
- Attended Lake Superior State University from 2015-16; studied Biology Pre-Medicine and was a member of the Men's Varsity Basketball Team
- Starting PG at NCAA Division 2 Simon Fraser University Men's Varsity Basketball Team; studying Health Sciences
- Averaged 8.9 ppg and 4.1 apg in 31.9 mpg as a Redshirt Sophomore
- Top 25 in scoring (25th) and top 10 in assists per game (3rd), free-throw percentage (5th, 85.0%), and assist-to-turnover ratio (6th, 1.4) in the GNAC over the 2016-17 season
- 2017 Great Northwest Athletic Conference Freshman of the Year Runner-Up
- 2017 Simon Fraser University Male Freshman of the Year
- Top 10 in assists per game (3rd), free-throw percentage (2nd, 87.3%), steals per game (7th, 1.4) and minutes played (7th) in the GNAC over the 2017-18 season
- Led the GNAC in assists at 5.0 per game while averaging 10.3 points and shooting 43.7% from 3 (6th in conference) over the 2018-19 season



Male Freshman of the Year award from VP of Students Tim Rahilly, at the 2017 Simon Fraser University Athletic Awards Gala

Building the Chain

When I was in grade 4, I started taking the game seriously. I wanted to play the point-guard position, but my coach (and dad) wouldn't let me until I learned how to dribble the ball. So, I built a paperclip chain. Every day I worked on my ball handling for 20 minutes, adding a paperclip to my chain for every time that I completed my program. If I missed even one day, I had to take the whole chain apart. After over 550 consecutive days, I decided that my chain had served its purpose and it was time to take it apart.

The chain showed me what it means to truly commit to something. I believe this knowledge is not only invaluable, but also applicable to many other parts of life. It is my goal to pass on my strategies for training to young players who share the game of basketball as a passion.

Chaining & Training Basketball Camp focuses on providing young athletes with the tools and strategies to train in a way that will help them reach their ceiling and put them in a position to achieve their goals.



Gold Medal Basketball presents 5th Annual Chaining & Training Basketball Camp

Boys and Girls Grades 5-11

Learn how to train...the right way!

COST PER WEEK: Camp + T-shirt \$220.00

SPECIAL OFFERS (Limit of ONE "SPECIAL" per family)

- **FAMILY SPECIAL**
Deduct \$20 for second and third member of same family (for same week of camp).
- **MULTI-WEEK SPECIAL**
Deduct \$50 for second week of Chaining & Training camp (not combinable with GMBC FIBA camp). T-shirt not included in your second week.
- **GOLD MEDAL SPECIAL**
Deduct \$20 if your son or daughter was a member of a Gold Medal competitive team in the 2018-2019 season.



Make cheques payable to:
Chaining & Training Basketball Camp

Mail to:
Chaining & Training Basketball Camp
71 Salem Road,
London, ON N6K-1G1
***Post-dated cheques will not be accepted. A \$25.00 fee applies for registration cancellation and for NSF Cheques.



Chaining & Training Basketball Camp

A Division of Gold Medal Basketball Sports Camp
Phone: 519-685-2940
Email: chainingandtraining@gmail.com

Participant Last Name: _____ First Name: _____ Grade (Fall 2017): ____ Gender (circle): M F

Address: _____ City: _____ Postal Code: _____

Email (mandatory): _____ (Further information will be emailed the week prior to camp)

Health Card No: _____ Phone: _____ Emergency Phone: _____

Select Week(s): Mondays-Thursdays 9:00 am – 3:00 pm, Fridays 9:00 am – 12:00 pm

Week 1: (July 8-12, 2019, Wheable Adult Education Ctr.) Week 2: (July 15-19, 2019, Wheable Adult Ed. Ctr.)

Choose Special (maximum one): Family Special Multi-Week Special Gold Medal Special Team Division _____

T-Shirt (Circle): Youth: L Adult : S M L XL How did you hear about us? _____

Does the participant have any medical problems which require treatment and/or medication? (e.g. asthma medication) _____

I, the undersigned, submit that my son/daughter is physically fit to participate in strenuous athletic activity and I waive and release Chaining & Training Basketball Camp from any and all liability for any illness or injuries incurred while participating in the camp. I have no knowledge of any physical impairment that would be affected by the above named athletes participation in the camp. I acknowledge that I have been advised that in case of any doubt, the camper should undergo a full medical examination prior to participating in the camp. I authorize that the Directors act according to their best judgement in any emergency requiring medical attention. I hereby authorize the camp to use testimonials, photos, or video excerpts of the camper which may appear in the camp brochure, website, or social network.

Parent or Guardian Name: _____ Parent or Guardian Signature: _____

(You will be informed ASAP if the camp is full and registration was not accepted. Income Tax Receipts will be emailed by September)