

## Spring Basketball Academy at Heritage Woods Secondary School

### **Hello Parents/Guardians,**

My name is Joe Luong, and I am one of the senior boys' basketball coaches at Heritage Woods Secondary. I wanted to reach out to all Grade 8 teachers and athletic coaches at your middle school to share some upcoming opportunities for your student athletes.

We are hoping to launch a **Spring Basketball Academy** at Heritage Woods for middle school students, running once a week. The exact format will depend on interest and numbers, but the general plan is to spend 30–45 minutes working on basketball skills with our coaching staff, followed by team play and games. Ideally, we would offer two separate sessions:

- one primarily for Grade 8 students, and
- one co-ed session for Grades 6/7.

If there is enough interest, we would also love to run a **girls-only division**. One of our senior boys' coaches is a female coach (Kris Young – UBC Thunderbirds all time leading scorer) who is absolutely fantastic, and she would be very involved in that program.

The *second* opportunity is for students who are particularly motivated and eager to excel in their sport. At Heritage Woods, we offer an **Agility Course** that attracts multi-sport athletes preparing for basketball, volleyball, lacrosse, soccer, and more. The course includes:

- two days per week of weight training,
- two days of gym-based sport sessions, and
- one games day.

If we have a larger basketball group enrolled, we incorporate more basketball-specific dynamics and training. If you know any students who might be interested, it would be greatly appreciated if you could share this information with them.

### Courses

- **Agility 10** (Semester 1) – YLRA-0C
- **Basketball Agility 10** (Semester 1) – YLRA-0C
- **Athletic Training 10** (Semester 2) – YLRA -0B

If students are interested can you have them fill out our **forms** questionnaire!

[Basketball Academy - Questionnaire](#)



Thank you so much for your time, and please feel free to reach out if you have any question!

You can contact me at [jluong@sd43.bc.ca](mailto:jluong@sd43.bc.ca) or submit your question through our QR code!

Warm regards,

**Joe Luong**

Heritage Woods Secondary School

