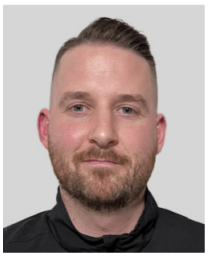


THE ABERDEEN HALL GRYPHONS BASKETBALL CENTRE OF EXCELLENCE

Run in partnership with Goodwin Hoops and led by Program Director Mitch Goodwin, this Canada Basketball Verified program offers Kelowna's middle and high school athletes a premier training pipeline. Younger players focus on mastering core mechanics, proper shooting form, and court confidence, while high school athletes elevate their game with advanced offensive creation, explosive finishing, and high-pressure decision-making. Through structured gameplay scaling from 1v1 up to full-court 5v5 scrimmages, drills directly translate to real-game success. It's a safe, elite, and proven environment built to develop sharp basketball IQ and a lifelong love for the game.



PROGRAM DIRECTOR : MITCH GOODWIN

Mitch Goodwin is one of the Okanagan's leading basketball development coaches, serving as the Founder and Director of GW Hoops, Commissioner of the Premier Hoops Circuit, and Basketball BC Summer Games Coordinator.

A Kelowna Secondary graduate and former U SPORTS athlete, Mitch played five seasons with the UBCO Heat, where he became the program's all-time leading scorer, served as team captain, and was named UBC Okanagan's Outstanding Athlete of the Year in 2016. He later transitioned into coaching, serving as a Lead Assistant Coach for the UBCO Men's Basketball Program, and holds a NCCP Level 3 coaching certification.

Under Mitch's leadership, GW Hoops became a Canada Basketball Verified Club, reflecting a deep commitment to Safe Sport, coach development, and high-quality athlete programming. In 2025, he was named Young Entrepreneur of the Year by the Kelowna Chamber of Commerce. His coaching philosophy emphasizes professional standards, strong fundamentals, quick decision-making, competitive habits, and long-term athlete growth.



HEAD COACH: TYLER LUTTON

Tyler Lutton brings over a decade of playing and coaching experience to the Goodwin Hoops team.

A standout point guard, Tyler helped lead Pinetree Secondary to a 5th-place finish in B.C. before embarking on an impressive collegiate career. He played for UBC Okanagan, won a National Championship with Douglas College, and finished at the U Sports level with the Acadia Axemen. Known for his deep knowledge of the game and sharp attention to detail, Tyler brings an infectious enthusiasm to every single training session.

GRADE 6 - 8 MIDDLE SCHOOL CO-ED BASKETBALL TRAINING 2026-2027

MIDDLE SCHOOL CURRICULUM



SEPTEMBER 14-DECEMBER 14

Mondays - 3:30-5:00pm
Wednesdays - 7:00-8:20am
Sundays - September 13, 20, 27 - 10:00am-12:00pm
Sundays - October 4, 18, 25 - 10:00am-12:00pm
Sundays - November 1, 8 - 10:00am-12:00pm

JANUARY 13 - MARCH 31

Wednesdays - 7:00-8:20am

APRIL 7 - JUNE 9

Wednesdays - 3:30-5:00pm

GRADE 9 - 12 HIGH SCHOOL CO-ED BASKETBALL TRAINING 2026-2027

HIGH SCHOOL CURRICULUM



SEPTEMBER 14-DECEMBER 14

Mondays - 5:00-6:30pm
Thursdays - 7:00-8:20am
Sundays - September 13, 20, 27 - 12:00-2:00pm
Sundays - October 4, 18, 25 - 12:00-2:00pm
Sundays - November 1, 8 - 12:00-2:00pm

JANUARY 14 - MARCH 25

Thursdays - 7:00-8:20am

APRIL 7- JUNE 9

Wednesdays - 5:00-6:30pm

No sessions during winter or March break

COST: $500 FOR THE YEAR Includes BBCOE t-shirt. Note that if any sessions are missed the fee will not be pro-rated.



ABERDEEN HALL
PREPARATORY SCHOOL

Teaching Excellence | Inspiring Futures | Shaping Character

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