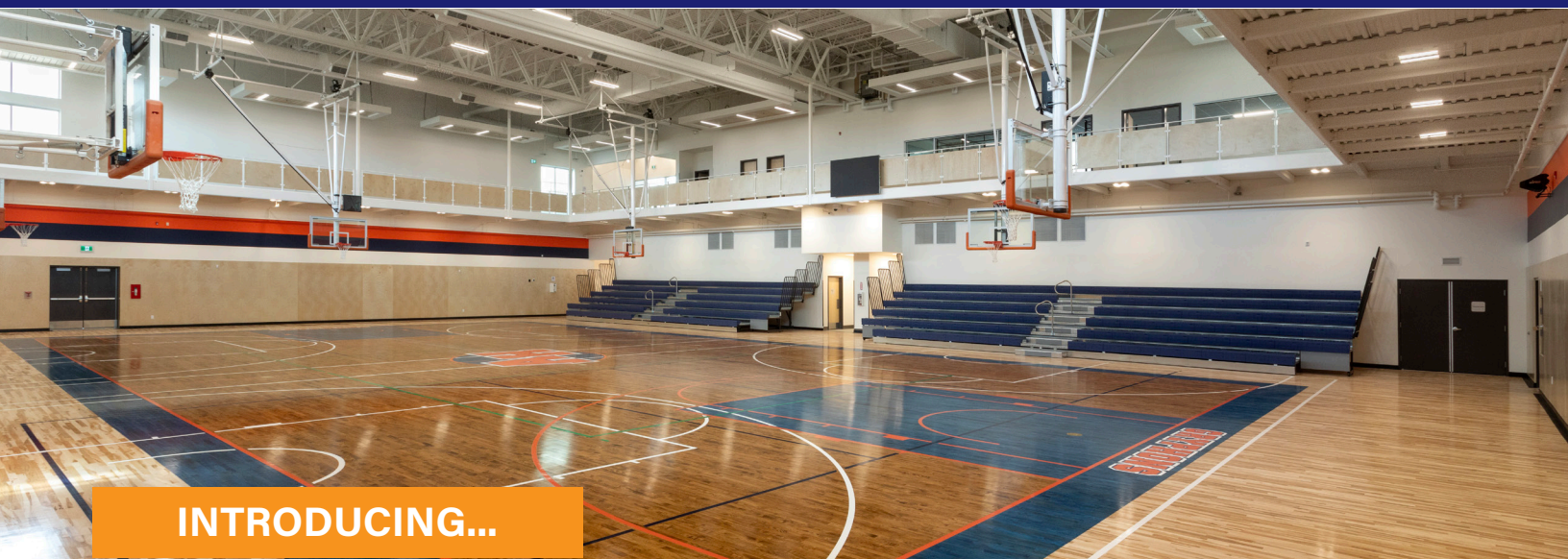


ABERDEEN HALL GRYPHONS



THE ABERDEEN HALL GRYPHONS BASKETBALL CENTRE OF EXCELLENCE

We are excited to launch the second year of our co-ed Basketball Training Program offering students more than 100 hours of skill development and training throughout the school year!



HEAD COACH : MITCH GOODWIN

Mitch Goodwin brings a passion for the game of basketball and a commitment to developing youth players in the Okanagan Valley. As a Kelowna Secondary School graduate, he chose to pursue an opportunity close to home by joining the UBC Okanagan Heat program. Over five years, he grew in stature, eventually becoming the Lead Assistant Coach and facilitating the Junior Heat Development Program.

Mitch has also had the opportunity to share his knowledge internationally, coaching Team Kelowna at the International Children's Games in Jerusalem, Israel in 2018 and Coventry, England in 2022. To further increase his skill set, Mitch is currently completing his Level 3 training with the National Coaching Certification Program (NCCP).

With over a decade of coaching experience, Mitch has played an instrumental role in helping elite Okanagan players advance to prep schools and U Sports programs throughout North America.

GRADE 6 - 8 MIDDLE SCHOOL CO-ED BASKETBALL TRAINING 2025-2026



SEPTEMBER - DECEMBER

Mondays - 3:30-5:00pm (scrimmages)
Wednesdays - 7:00-8:20am
Sundays - Sep. 21, 28 - 10:00am-12:00pm
Sundays - Oct. 5, 19, 26 - 10:00am-12:00pm
Sundays - Nov. 2, 9 - 10:00am-12:00pm

JANUARY - MARCH

Wednesdays - 7:00-8:20am

APRIL - JUNE

Wednesdays - 3:30-5:00pm

GRADE 9 - 12 HIGH SCHOOL CO-ED BASKETBALL TRAINING 2025-2026



SEPTEMBER - DECEMBER

Mondays - 5:00-6:30pm (scrimmages)
Thursdays - 7:00-8:20am
Sundays - Sep. 21, 28 - 12:00-2:00pm
Sundays - Oct. 5, 19, 26 - 12:00-2:00pm
Sundays - Nov. 2, 9 - 12:00-2:00pm

JANUARY - MARCH

Thursdays - 7:00-8:20am

APRIL - JUNE

Wednesdays - 5:00-6:30pm

COST: \$500 FOR THE YEAR Includes BBCOE t-shirt. **Note that fees will not be refunded upon sign-up and will not be prorated if students do not attend a session.**



ABERDEEN HALL
PREPARATORY SCHOOL

Teaching Excellence | Inspiring Futures | Shaping Character

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