

2025 SPRING • REDDOT BASKETBALL  
**SPECIALIZED TRAINING**

**REDDOT YOUTH LEAGUE**  
 MVP SEASON 6

**DIVISION 1:**  
 GRADE 4-5: 11:30AM-1:30PM  
 223 RIVIERA DR (SAT)

**DIVISION 2:**  
 GRADE 6-7: 10AM-12PM  
 GRADE 8-9: 12PM-2PM  
 7634 WOODBINE AVE (SUN)

APR. 5~JUN. 22  
 (LONG WEEKEND TRUCE)  
 10 WEEKS GAME+TRAINING \$349 +hst  
 (Early Bird (Until March.23) \$399)  
 1ST/2ND/3RD MEDALS+ MVP TROPHY

**YOUTH LEAGUE** MVP / TOP SCORER / REBOUNDING LEADER / EXCLUSIVE MEDALS  
 WEEKLY PHOTO + VIDEOD HIGHLIGHTS

REDDOT

**SHOOTING CAMP**  
 FOR AGES 10-14 PLAYERS

MONDAY | MARCH.31-JUNE.9  
 7:30PM-9:00PM  
 223 RIVIERA DR

SATURDAY | APRIL.5-JUNE.21  
 10:30AM-12:00PM  
 7634 WOODBINE AVE

ENHANCE PRECISION AND CONSISTENCY  
 TRAIN SHOOTING STABILITY  
 CORRECT SHOOTING FORM  
 CUSTOMIZED SHOOTING DRILLS  
 DR. DISH-ASSISTED PRACTICE

ASSESSMENTS TRACK PROGRESS AT START AND END

**COACH JOE**  
 20+ years of professional sports coaching experience  
 Certified in Physical Education & Classroom Management  
 Former coach at multiple Montessori schools  
 Former Shooting Stars & Northern Kings Rep Team coach

DM FOR MORE DETAIL

**HANDLES UP TRAINING CAMP**  
 FOR AGES 10-14 PLAYERS

- Dribbling & Coordination
- Speed & Quick Stops
- Dribbling Under Pressure
- Advanced Dribble Moves

DM FOR MORE DETAIL

APRIL 5 - JUNE 21  
 10 SESSIONS  
 EVERY SATURDAY  
 3-4:30PM  
 UNIT 6 - 7634 WOODBINE AVE

**Head Coach: Desmond Lee**  
 Former Humber College Team Guard  
 Played at North American Prep Basketball Academy  
 Former Gators Rage & Top Notch Stars AAU Player  
 Coached at Logos Baptism Church & Unionville High School

ASSESSMENTS TRACK PROGRESS AT START AND END

**PHYSICAL CONDITIONING CAMP**

- AEROBIC AND ANAEROBIC TRAINING
- STRENGTHEN LOWER BODY AND CORE
- ENHANCE PERFORMANCE AND FITNESS
- REDUCE FAT AND BOOST CARDIO

FOR AGES 10-14 YOUTH/JUNIOR

DM FOR MORE DETAIL  
 10 WEEKS >>>>

APRIL.5-JUNE.21  
 SAT 3-4:30PM

ASSESSMENTS TRACK PROGRESS AT START AND END

223 RIVIERA DR

**BIG MAN CAMP**

**TIME & LOCATION**  
 MARCH.28 - JUNE.6  
 EVERY FRIDAY 7:30-9PM  
 LOCATION: 223 RIVIERA DR

ASSESSMENTS TRACK PROGRESS AT START AND END.

**PROGRAM**  
 POST SCORING: MASTER LOW-POST SCORING.  
 PICK-AND-ROLL: IMPROVE EXECUTION.  
 REBOUNDING: ENHANCE DECISION-MAKING.  
 SEAL & PROTECT: BOOST POST POSITIONING.

DM FOR MORE DETAIL

**GO HARD OR GO HOME**