



ORANGEVILLE PREP ELITE PERFORMANCE PROGRAM

An individualized weeklong elite overnight development program for male & female basketball players from all around the world, aged 13-18.

PROGRAM DATES

Weeklong overnight programs (Monday to Friday). Athletes will arrive Sunday afternoon train throughout the week and depart on Friday afternoon. To maintain the elite and individualized nature of the program, the maximum number of participants per camp is 5 per week. The weeklong program will run during the following weeks:

Week 1: August 1-5, 2022

Additional Weeks: TBD

PACKAGES & PRICING

Athletes have the ability to choose their specific program to meet their needs not just in on-court performance but also off-court with their Mind & Body. Please see the chart and program descriptions below to learn more about each area of the program. All programs include Pure Hoops and you can add specific packages afterwards depending upon your goals as a player. **Save \$200 by packaging Mind + Body programs.** Monthly payment plans are available beginning at the time of registration until the week prior to the camp start date.

Program Sessions	PURE HOOPS	+ MIND	+ BODY	+ MIND & BODY
Basketball Skill Sessions	✓	✓	✓	✓
Personalized Report	✓	✓	✓	✓
Room & Board	✓	✓	✓	✓
Nutritious Meals & Snacks	✓	✓	✓	✓
Orangeville Prep Gear Pack	✓	✓	✓	✓
Human Performance	✓	✓	✓	✓
Pathway Education	✓	✓	✓	✓
4 Hrs Sport Psych		✓		✓
3 Hrs Mindfulness		✓		✓
Basketball IQ		✓		✓
Nutritionist Planning			✓	✓
Genetic Testing			✓	✓
Sport Chiro (FMS)			✓	✓
Program Cost	\$4599 + HST	\$5399 + HST	\$5399 + HST	\$6099 + HST

PARTICIPANT AGE

Athletes must currently be aged 13-18 and play at a Rep level to be eligible. Typically born between 2004-2008.



DESCRIPTION

Orangeville Prep Basketball Academy is world renown for developing the highest-level professional and collegiate basketball players in Canada supported by our expert coaches, staff, our programming and world-class facilities. Orangeville Prep is truly dedicated to athletic, academic, personal and overall player development to help an athlete achieve their goals.

We are excited to share our experts and program with the creation of the Orangeville Prep Elite Performance Program (OPEPP). The OPEPP will consist of a weeklong overnight program (Monday to Friday) that will include expert programming in the following areas (expanded upon below); on-court skills, human performance, pathway education, sport psychology, mental mindfulness, court IQ, sport nutrition, DNA/genetic testing and sport chiro. It is designed for small groups (maximum of 5 per session) to receive special individualized attention in our world renown high performance training centre. Future weeks of OPEPP will be based on global school calendars to allow athletes from around the world to participate in our proven model of success. The Orangeville Prep is excited to share this programming with the world.

Athletes will eat, sleep and breath basketball during their week at the OPEPP. They will have prepared meals and education on how to properly fuel their bodies, they will stay in our University style dormitory which is extremely secure with 24-hour on-site adult supervision, security cameras and key fob entry. We take the security of your child seriously. Our facility is private therefore no one will be able to access except coaches and athletes. Finally, they will train where professional and college basketball superstars have trained in our world-class training centre. To learn more about our facilities please visit our [facilities site](#).

Our goal is to give every basketball player the greatest opportunity to succeed and we believe by having a large developmental influence on their early playing years, we can help them achieve their goals.

If you have any questions or concerns about the Orangeville Prep Elite Performance Program please contact Deidre Donaldson, Athletics Coordinator or Alex Dominato, Director of Athletics at admissions@athleteinstitute.ca or 519.940.3735. To learn more about the Athlete Institute please visit our [website](#)



PROGRAM PACKAGES

PURE HOOPS PROGRAM

On-Court Skill Sessions: Use Initial On-Court Assessment to determine where improvements need to be made in core areas of game (Dribbling, Passing, Shooting, Defence) and then utilize sessions to develop these areas in very intention manner with 1 on 1 coaching.

Shot Lab: Specifically designed to be self-guided, we challenge each athlete to put up hundreds of shots each evening using our progressive shooting program. This is designed to be at the end of your day which will help you improve resiliency, technique, vision and muscle memory.

Human Performance: Focused on perfecting movement, generating power/core/speed and building body resiliency specific for basketball with our Athlete Institute Human Performance Coach, Tyler Schneider.

Athlete Pathway Development: Why are you putting in so much time playing sport? What is your goal with sport? What are your academic goals? This session with Alex Dominato, the Director of Athletics with Athlete Institute will dive deep into developing your athletic & academic pathway to help you reach your ultimate goals through sport.

+BODY PROGRAM

Sports Nutrition: Learn how to properly fuel your body for optimal performance with registered sports nutritionist, Melinda Edmonds from [Thrive Nutrition](#), and be tested using [Nutrigenomix](#) to learn how your genes affect your performance and how you can overcome those barriers.

Genetic Testing: The [DNA Company](#) is an extremely forwarding thinking genetic testing program that will provide you the roadmap to understand the minimums and maximums of your body. The service has been utilized by many professional and Olympic athletes to fine-tune their performance. You will receive your DNA Test kit and within a week you will be provided with your full report and 30-minute consultation.

Sports Chiropractor: Form & how your body moves is an extremely important aspect in sport. You will conduct a Functional Movement Screen exam with Trevor Vander Doelen of [Athletic Performance Solutions](#) which will indicate how your body moves functionally in general but specifically for basketball. Trevor will teach you how to properly move which will reduce your risk of injury.

+MIND PROGRAM

Mental Conditioning: The mental aspect of the game is equal if not more important than the physical aspect of the game. You will learn from Matt Comand, Sport & Performance Psychologist from [Consistent Elite Performance](#) on techniques on how you can maximize your mental performance which will have a direct positive outcome on the court.

Morning Mindfulness: It is important to start your day off properly and this requires mental and physical preparedness. Morning Mindfulness will utilize yoga and meditation to help you prepare for



each long day and to always do every activity in the moment! It is lead by Alicia Mathlin who owns and operates [Meditation Pusher](#)

Basketball IQ: It is easy to simply play the game. You become much more of a well-rounded player when you can instinctively adapt to different situations and scenarios based on your knowledge of the game. The Basketball IQ sessions will focus on the analytical aspect regarding your own game in comparison to other well-known basketball players in similar positions that possess similar metrics and skillsets. You will learn from Urav Naik who is the current Orangeville Prep Analytical Statistician.



PURE HOOPS

Basketball Skill Sessions
Personalized Report
Room & Board
Nutritious Meals & Snacks
OP Gear Pack
Human Performance
Pathway Education
4 Hours Sport Psych
3 Hours Mindfulness
Basketball IQ
Nutritionist Planning
Genetic Testing
Sport Chiro (FMS)

\$4599 + HST



+ MIND

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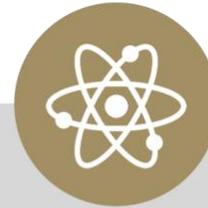
\$5399 + HST



+ BODY

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+ MIND & BODY

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PROPOSED WEEKLY SCHEDULE

Gold – Pure Hoops Package / Gold & Red – Mind Package / Gold & Dark Grey – Body Package

**Times & programming subject to change*

Time THEME	Sunday	Monday ASSESSMENT	Tuesday PROGRAM	Wednesday BUILD	Thursday BUILD	Friday EVALUATE
8:00 AM			Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	
9:00 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 AM		Welcome Meeting	On-Court Skills	On-Court Skills	On-Court Skills	On-Court Skills
11:00 AM		Initial On-Court Assessment	Court IQ	Rest	Court IQ	Human Performance
12:00 PM	Arrival & Welcome Meeting	Lunch	Lunch	Lunch	Lunch	Lunch & Wrap Up
1:00 PM		Initial On-Court Assessment	On-Court Skills	On-Court Skills	On-Court Skills	Departure & Safe Travels
2:00 PM				Human Performance		
3:00 PM		Human Performance	Sport Psych	Sport Nutrition	Sports Chiro (FMS)	
4:00 PM		Recovery Session		Shot Lab - Individual	Sport Psych	
5:00 PM		Pathway Development	Recovery Session	Recovery Session		
6:00 PM		Dinner	Dinner	Dinner	Dinner	
7:00 PM		Rest	Rest	Rest	Recovery Session	
8:00 PM		Shot Lab - Individual	Shot Lab - Individual	Shot Lab - Individual	Shot Lab - Individual	
9:00 PM		Rest	Rest	Rest	Rest	