



# ABOUT CABBC QUEENS



**WE HAVE A THEORY...THE THEORY IS THAT CHANGE IS NEEDED. HERE IS OUR "CHANGE THEORY" FOR BASKETBALL IN THE REGION:**

## IN TRAINING

You will always get the following three things from training with the CABBC Queens:

#1

### TOUCHES



We maximize the amount that our athletes make contact with the ball in practice.

This seems simple and obvious, but is often lacking in basketball training and makes a HUGE difference in the experience.

#2

### GAME LIKE PRACTICE



Transferability is KEY

If you can't play what you practiced, what's the point?

Practicing in more game-like ways increases transferability!

#3

### ENCOURAGE FAILURE & MISTAKES



This is how we learn.

This is how we get better.

We live in this area.

## IN COMPETITION

The following will always be true when you play in a game for the CABBC Queens.



Every player will be coached equally.

Every player will be treated fairly.

Every player will have to EARN playing time.

We are HIGH PERFORMANCE and COMPETITIVE...Therefore you will have to:



Climb the

**MOUNTAIN**

Start at the bottom.

Have the same opportunities, coaching and encouragement to reach the top.

Will always be valued and expected to play your role to help the team.

**Our Mission: "To develop a basketball program that is provincially competitive and produces high quality athletes and leaders."**

