

NEWSLETTER – FALL 2007

STH had a great summer!

Once again, great weather prevailed at the **Shelldale Summer Camp**. Former WLU stand-out and local basketball star, **Steph Nadalin**, was a coach for most of the summer and it's fairly obvious she's got a great coaching career ahead of her. Kudos to coach **Brian Delaney**, who did a great job at camp and then went on to coach STH veteran **Adrian Achonwa** in his stellar debut as a wide receiver for the Centennial Spartans.

Shelldale saw some major improvements this year. **Market Fresh** joined on as a sponsor and provided great fruit for us all summer. A huge thanks goes out to Fiona and the rest of the **Onward Willow** staff in general for the preparations of our snacks all summer and the access to their Youth Room & bathroom facilities.

Due to the installation of the extra baskets by the Corporation of the City of Guelph, the overall development of the players has been augmented. For the past 2 years there has been less downtime as there are hoops available for all the various skill levels. For more about Shelldale, see www.shaketruehoops.com and go to Programs, click Video or go to Media and click Shelldale Genesis. Given that bonus, it is gratifying to see young players like David Penney and Lucas Wood and Olivia Weller make big strides in their skills. Super Jack Weller astounded the coaching staff with his improvement and his great attitude. Last, but certainly not least, **STH** would like to personally thank the great volunteer staff we had this summer, **Austin, Asher, Kaitlyn, Anti, Laura, Alex, Evan, and Bryce**. Without you guys, camp would never be as fun and insightful. **Ariel Martinez's** camera operation was flawless and his attention to detail and great disposition made everything easier for the whole coaching staff.

This coming summer, **STH** would like to take Shelldale Summer Camp to the next level. We will be having a "Bring a Friend Thursdays" which will include prizes and games all morning every Thursday. **Subway and Red Papaya** will be providing motivation through their "Be a Better Player" program.

A big thanks to all **STH** sponsors, **Gateway Memorial, GewTV, Market Fresh, Viewfinder Photography**, who produces such great shots for the **Shake True Hoops** photo-card, and **Subway** who offers great nutrition at down to earth prices. **Dino's Sneakers & Sandwiches** camp is also an **STH** contributor so we hope he's doing well. Special thanks to the **Tribune** for their continued support. They were among several media outlets that covered **STH** events this summer. **Rogers daytime talk show** had a guest appearance spot featuring Shake and then went above and beyond the call to feature a whole segment shot on location at **St. John's-Kilmarnock (SJK)** for the **First Local News** show. They did an excellent job and **Jan Hamilton** is owed a big debt of gratitude.

Speaking of SJK, the **STH High Intensity Summer Program** was again a success. Accessing the weight room this summer enhanced the program to a new level. The state of the art facilities combined with the expertise of **John Popofski** make this program difficult to compete with. Bigger and better plans are in the works for Summer 2008!

The **Big Brothers Big Sisters July camp** was a resounding success! Due to the largess of SKJ, **STH** was able to provide a free 3-day clinic to BBBS kids that included a visit from "Dunker Extraordinaire" **Shane Nicely** as well as an instructional clinic put on by **Anti Wesley-James**. As part of the activities, **Pat Dugas**, former pro-soccer player and U of G Gryphon, taught the soccer side of things on the beautiful pitches that make part of the SJK experience. A great time was had by all and **STH** would again like to thank its' sponsors and BBBS for providing the support needed to run this type of event.



Let us not overlook the **Red Papaya 3 on 3** August tournament that had become a fixture of Shake True Hoops summer events. This year saw a record 36 teams participate in the 1 day event held at Shelldale to benefit **Onward Willow Better Beginnings Better Futures** and (new this year) the **Canadian Cancer Society**. We had a bevy of people volunteer in all manner of ways and **STH** thanks you. Your efforts go to a great cause and are dearly appreciated! This year the tournament featured a super grand prize for the top men's division – a trip to Montreal provided generously by **Jason Pobega** of **Carlson Wagonlit Travel Agency**. The lucky winners were **Brandon Smith, Jay Popofski and Brad Higham** – Congratulation Guys! Also, a great new feature this year was the Martial Arts demonstrations put on by **Sealy Karate**. Thanks ever so much for your help and contributions. Super Special thanks to the true organizers of the tourney, **Dane Pierre of UPS, Aaron Franklin of Sunlife, Darren Devine of Sunlife, Gabe Frank of Investors, Jay Graham of Ministry of Social Services, Neil Landers**, the voice of Shelldale was especially apparent and in fine form. A big thanks to **St. John's Ambulance** for doing a great job. **Jerry, Gazzam, Jane, Juwaid, Khim, Noman and Super Dave** deserve all kinds of props for the work they did with **Alyssa Fiorino** "You Guys Rock".

Current STH Program Participants

Jesse Kendall was showing his skills at the Nike Elite and **Connor Wood** was selected to the BDP team this summer. Shaker's take on those two – Jesse has serious skills. He's an up and comer, obviously noticed by others in the basketball world. Conner has been a sleeper for awhile and he's just now showing the subtle positives he has always had. **Great job Conner!**

Kim Cupid is hands down the best ball-handler in D10! Nice to see **Jenna Kennedy** get her due in the Fergus press and through the All-star selection. On the junior level – Way to go **Laura Ricci** and **Paige Kennedy**, both calm at the line leading their teams to victory in the crucial minutes of games. Laura, with 1 + one against Lourdes to take the final lead, and Paige to score the winning point against BM in the D10 semi-finals.

Congrats to Ross Royals and former **STH** members **Caitlin Crnkovic** and **Steph Monroe** – D10 Finalists. **Mackenzie Merkley** is said to have played tough.

Nice job to **Janine DeLeon**, who helped make BM the tough contender they turned out to be.

Shake's take on up & comer **Ellie Young** – "She works as hard as **Mackenzie Bernhard**, who is a work-horse."

District 10 girls' All-Stars were picked, of that crew, **Kim Cupid, Katie Dickinson, Caitlin Crnkovic, Jenna Kennedy, Julia Prier, Rachel Meihm, Kayla VandeKemp, and Danni Roncato** are all, or were, members of **STH**.

STH Alumni

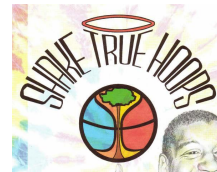
Other news, **STH** alumni, **Scott Jasper-Fayer** and **Jon House** both secured spots at Cape Breton and Belmont College respectively. We wish them luck and happy decisions. Having spent time with both of them, **STH** expects nothing but positives due to their work ethic.

Congratulations to another **STH** alumnus, **Natalie Achonwa**, who made it to National Elite Development Academy (NEDA) in Hamilton.

Good luck to **John Hood**, who cracked the squad at Laurentian and is seeing good floor time. Hit the boards and get to the foul line!

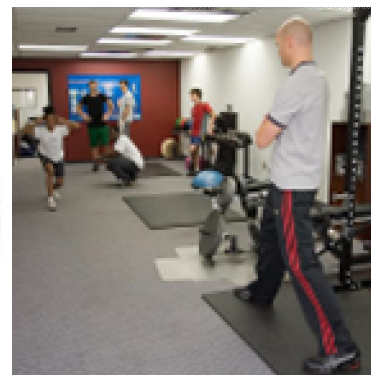
Same goes to **Barb Capes** and **Christine Gibson** in their CIS careers!

New Features This Year



Some great new opportunities developed over the summer for STH.

1. The new **Strictly Shooting** program has become very popular this fall! Be sure to take advantage of the X-mas special discount. Call Shake at 519-827-0534 for info.
2. We got use of the weight room at SJK, a beautiful facility, which enabled **Pat Nield**, former Gryphon All-star, to train players in strength building as part of the **STH High Intensity Summer Basketball Program**. **Anti Wesley-James, Evan Kliese, Bryce Jones and Aaron Karl** showed some significant gains. See Media Gallery at www.shaketruehoops.com for video of a work-out.
3. **Franchise Athletics** became the official gear of **STH**. From sweatbands to Bodyshield gear, Franchise can outfit you from head to toe. Check out Links at www.shaketruehoops.com to go to their site and view their catalogue.
4. **A² Athletic Acceleration**– Because weight training is essential to the complete development of **STH** elite athletes, Shaker is offering strength building programs through **Jason Pobega**. Strength and conditioning coaches **Pat Nield** and **Dwight Griffiths** will personally train and supervise every session. There will be 25 sessions from December'07 to May'08. Times are Saturdays from 11:00 a.m. – 12:30 p.m. Second weekly session time to be arranged. Price is \$600 at the door, or \$500 through **STH**. See Programs at www.shaketruehoops.com for more details.
5. Through **STH's** special needs section, **STH** Alumni and former Canadian National Team member, **Mike King**, is joining forces with Shake on Sunday evenings to work Big Man concepts and skills. For 1 hour and 15 minutes, you can join the likes of **Robert House** and get some serious Big Man insights and techniques. Due to Mike's hectic schedule, all interested parties must register through **Shake True Hoops**. Because there are only 8 slots available for this program, it is advised to register now before January'08 when all spots will be filled.
6. **GewTV** will provide coverage of D10 games starting January 2008.



For those interested, Shake is once again coaching a girl's rep team for the Phoenix. Coach Steph happily invites all and any to come spectate.

Volunteer Opportunity

STH is looking for volunteers for the 2008 Summer Camp at Shelldale, for After-School programs, and for community group sessions. Please call Shake at 519-827-0534 or e-mail Rosa Kliese at rosa9095@hotmail.com

Good luck to all you ballers out there!

**Remember as Mike King says
"Set your goals, and step by step, go after them."**

Until the next...Shaker