



BY INVITATION ONLY

# Triple Threat Basketball

NEXT LEVEL ELITE TRAINING PROGRAM



# Congratulations. Welcome to Triple Threat.

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# What is Triple Threat?

At Triple Threat Basketball, we believe that hard work and respect are important keys to success. One of our staples is *“What you put in, is what you get out!”*

The focus of our programs and private sessions is to build a strong skill foundation, player confidence, and touch on the intangible qualities of being a person of character and a good teammate.

We are passionate about meeting players where they are and giving them the tools they need to take their game to a higher level. We believe this is best accomplished by providing a high energy atmosphere where we encourage new skills and develop self confidence.



"Coach Bell and his Triple Threat program have been excellent for our daughter. He takes a personal interest in ensuring that all his players develop the skills necessary to take their game to the highest possible level. He has a special gift for bringing out more in the player, her defensive skills became intense and she started to attack the hoop more offensively and made herself a threat everywhere on the court. The need to develop your game all year end round is a necessity to make high level club, high school or provincial teams and programs like Triple Threat offered by Jonathan are necessary to get your daughter's game to this level and become the kind of player your daughter can be. What I can say about Coach Bell is that whatever passion your daughter brings to his program, she will get back 300% and become a better player and person as a result."

— Mark Marshall, parent

# What is the Next Level Program?

**Next Level** is an exclusive program developed by Triple Threat Basketball. It is by Invitation Only and we select only a small group of who we see to be as some of the most promising female players in Mini and/or Bantam.

Our objective is to support skilled and dedicated players in refining their fundamentals in an intense and focused environment. Each practice is comprised of one hour of skills (defence, ball handling, passing, shooting and game skills including creating space, reading the floor, pick-and-roll, entry passes, etc.) and one half hour of scrimmage games. This is an opportunity for the players to try their new level of skills in a competitive environment.

Every drill, step, dribble, and shot is designed to elevate their game to the “**Next Level**”.

"WHAT YOU PUT IN, IS WHAT YOU GET OUT!"



# Is Next Level Right for My Daughter?

## LEVEL

Girls who played Mini/u12 club basketball in the 2018/19 season.

## COACHABILITY

Girls who want to work hard, "leave it all on the floor" and are coachable.

## ATTITUDE

Girls who have a positive attitude and have demonstrated leadership on and off the court.

## READINESS

Girls who are ready and excited to take their game to the next level.

## SKILL

Girls who have experience playing against other skilled players.



“Be, comfortable, with being uncomfortable.”

This is what Coach Bell said every drill; pushing us to go our fastest and hardest at all times recognizing that it's ok to make mistakes. Coach gets involved in the drills while helping us focus on the little things to constantly improve on everything we do including the most basic fundamentals.

Triple Threat has been a huge part in helping me gain the confidence, skill and knowledge putting me on track to reaching my goals.”

– Olivia Moller, player

2018 C.P. Allen High School Team MVP

Committed to Acadia Axewomen for 2019/20



# What you will receive

Triple Threat reversible Jersey and shorts (if applicable) \*

One new leather composite basketball (If applicable) \*

30 hrs (20 1.5-hr sessions) of instruction and various styles of game play

6 to 1 player to instructor ratio

Personalized progress report at the end of the program based on your initial goals and what the coaches observed throughout the program

*\* Reversible jersey and shorts to be worn at each session and a basketball to be used during the sessions and kept at the end of the program.*

# What we expect from our players

**110%** That's what we expect.

You don't need to be the best shooter or have all the moves.  
But we expect you come with a positive attitude and never give up a willingness to try new things.

## **We also need you to:**

Encourage others, especially when they are struggling.

Focus on getting better to help your team be more successful.

Practice integrity. You will have the chance to show this when you're asked "Was that ball off you?"

Arrive at the gym early and be ready to go when our time starts.

Bring all of the equipment you need every night: jersey, sneakers, ball, water and a SMILE.

# Typical Training Session

While we tailor every session according to player needs and development, a typical training session includes:

**(1) One hour of instruction and practice.**

Skills that will be addressed in a progressive manner over the course of the program include defence, ball handling, passing, shooting, game skills including but not limited to creating space, reading the floor, decision making, pick-and-roll, getting open, entry passes and other specific skills identified as challenges for girls of this age.

**(2) One half hour of scrimmage games.**

This is the opportunity for the players to try their new level of skills in a competitive environment.

# 2019 Logistics

## MONDAYS

BHPCC

6 to 7:30 p.m.

April 15, 22, 29

May 6, 13, 20, 27

June 3, 10, 17

## WEDNESDAYS

Ecole Beaubasin

6 to 7:30 p.m.

April 17, 24

May 1, 8, 15, 22, 29

June 5, 12, 19



"Coach Bell made the Triple Threat program a positive and hard working environment.  
He loves Triple Threat and puts everything into each session.  
Coach Bell pushed me to try new things and get out of my comfort zone and taught me that it's ok to make mistakes if I  
am always working at 100 percent.  
He's a coach that believes in everyone's capabilities.  
I really hope there will be more triple threat sessions and I really look forward to going back.  
Thank you Coach Bell."

— Laura MacKinnon, player  
Bantam Girls Division 1



# About Coach Bell

Jonathan Bell brings a wealth of playing and coaching experience.

He played for the St. Francis Xavier X-Men from 2003 to 2005 where he led the team in scoring and steals in 2003/2004. In 2004, Coach Bell was named an all-star at the CIS National Championships.

Before joining the X-Men, Jonathan played college basketball at Algonquin College from 2001 to 2003. In his time at Algonquin, he was named an All-Canadian (2003), was Ontario's Player of the Year and set the all-time scoring record averaging 27.4pts/ game.

To honour his achievements, he was named to the OCAA Basketball Hall Of Fame in 2009.

As a coach, he worked as an assistant for the St. FX X-Men's basketball team from 2005 to 2007. He has worked a variety of camps, working with players of all ages and ability levels.

# We'd love to chat!

## HOW TO REACH US

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