



Nova Scotia Sport Hall of Fame presents Basketball Camp of Excellence.

This summer, the Nova Scotia Sport Hall of Fame is organizing its first ever **Hall of Fame Basketball Camp of Excellence**.

40 boys and 40 girls, ages 12-14, will enjoy the best basketball experience of their young careers. From August 25-27, they will learn and put into practice essential basketball and life skills, under the guidance of the most accomplished sport personalities in the province.

Skills and drills of the game will be the focus for the camp, but these athletes will also learn techniques to help them grow as a person. Nutrition sessions, yoga classes, strength and conditioning classes, and mental preparedness will all be part of this 3-day workshop.

Players and a guest will also be invited for a Saturday night reception at the Nova Scotia Sport Hall of Fame located in the Scotiabank Centre.

Coaches and presenters include but not limited to; Canadian Basketball legend and Hall of Famer Mickey Fox, Dalhousie Men's Coach Rick Plato, 3-time CIS National Champion Coach and Hall of Famer Steve Konchalski of the St. FX Men's Program, Hall of Famer Augy Jones of the St. F.X. Women's Program, Former St. Mary's Women's Coach Jill Jeffrey, current MSVU coach Mark Forward, 2-time World Champion curler and Hall of Famer Colleen Jones, World Champion paddler and Hall of Famer Karen Furneaux, and World Champion Softball player and Hall of Famer Mark Smith.

Each participant will receive a reversible jersey and t-shirt along with the knowledge of what it takes to play at the highest level of competition.

Roster for Camp of Excellence

Mark Smith – Member of Nova Scotia Sport Hall of Fame in 1996 and Member of Softball Canada Hall of Fame in 1999. Mark pitched the first no-hitter in Pan American Games history. He won medals at 4 PanAm games and was named Nova Scotia's Softball Coach of the Year twice. He currently coaches team Canada Softball.

Tasia McKenna – Basketball Nova Scotia's Technical Director, Tasia played at Lakehead University where she was honored with Rookie of the Year, four-time team MVP, three-time Lakehead University Athlete of the Year, and became Lakehead University Women's basketball all-time leading scorer. She was named to the Ontario University Athletics (OUA) women's basketball All-Star team three consecutive years, and given the OUA Sportsmanship award in her fifth year. Canadian Interuniversity Sport (CIS) awarded her the Female Athlete of the Week for nearly breaking a single game scoring record. Her proudest accomplishment was being named an OUA Woman of Influence, which recognizes one female student-athlete per university for their outstanding contributions in athletics, academics and community involvement.

Mat McDonald – Current head coach of the Sackville High boys basketball team and assistant coach of Basketball Nova Scotia's U15 team. Mat knows exactly what it takes to make a player tough and smart. His experience playing for and doing video analysis for the St. F X boys and girls basketball program has given him experience and tools that help him to push athletes to their best potential. Mat also works with youth individually. Pushing them through tough workouts and basketball skills to make them better one-on-one players. Mat is currently working on getting in level 2 certification from Canada Basketball as he hopes to one day coach at a higher level.

Mickey Fox – A Nova Scotia Sport Hall of Fame legend, Mickey is a 4-time All-Canadian, 2-time Final 8 MVP, holds records for most points in a 3-game CIS Basketball Championship (101) all while playing for the SMU Huskies. Fox was also drafted twice by the NBA (Detroit and Portland) and is a former teacher and former Technical Director for Basketball Nova Scotia. Mickey continues to coach youth in both basketball and life skills while also volunteering his time to share his stories with the Nova Scotia Sport Hall of Fame education program.

Rick Plato – Former head coach for the Mount Saint Vincent University men's basketball team where he lead them to 14 appearances at the national championship, including two national medals (bronze in 1992 and silver in 2008). His teams won 13 ACAA conference championships and were CCAA semi-finalists in six of the last eight seasons. Plato was named ACAA Coach of the Year on 13 occasions and received the national CCAA Coach of the Year honour in 2009. Plato is currently the head coach of Dalhousie Men's Basketball team where he was named AUS coach of the year in 2015-16. In his first three seasons, he has led the Tigers to two consecutive AUS championship titles and a program-best third-place finish at 2017 USports Championship. Plato is also a two-time national champion as a player with the Saint Mary's Huskies (1978, 1979)

Jill Jeffrey – Jill is currently the Athletic Director at Sackville High School. Formerly head coach of the Saint Mary's Huskies Women's Basketball program for 21 years where she

won AUAA Coach of the year in 1997-98. Jill is a tough nose coach whose coaching style is fierce and competitive.

Colleen Jones – A 2011 Nova Scotia Sport Hall of Fame Inductee and a 2016 Canada's Sport Hall of Fame inductee, Colleen is a 6-time Tournament of Hearts Champion and a 2-time World Champion. At the age of 19, Colleen was the youngest skip to ever win the Canadian Women's Curling Championships. She has appeared in a record 21 Canadian Championships winning 6.

Devon Norris- Former player at Dalhousie University and also in the NBL with the Halifax Rainmen, Devon knows what it takes to play at the highest level. Devon is a certificated strength and conditioning coach where he combines his basketball knowledge with his certifications to ensure optimal performance and recovery. Devon currently works for the Halifax Regional Police.

Steve Giles – A 2012 Nova Scotia Sport Hall of Fame inductee, Steve is a 4-time Olympian, and a World Champion in canoeing. He also competed in the World Championships 7 times winning 2 bronze and 1 gold. Steve also won a gold medal at the 1999 Pan American Games.

Karen Furneaux – A 2016 Nova Scotia Sport Hall of Fame inductee in kayak, Karen is a 3-time Olympian and 2-time World Champion. Karen is also the winner of over 50 World Cup medals and has been named Nova Scotia Athlete of Year 5 times. Karen has a successful wellness and leadership training business, I Promise Performance, in which she is able to share her athletic experiences to inspire and motivate youth.

Mark Forward – Current head coach of the Mount Saint Vincent University women's basketball team. Prior to his head coaching job, Mark was the assistant coach with Rick Plato on the MSVU Boys side and head coach of the men's Daltech team. Mark has been awarded with many honors including Coach of the Year at Daltech in 1996 and 2000 and Atlantic College Athletic Association (ACAA) Coach of the Year in 2010. He led the Women's team to their 2010 ACAA gold medal and 2010 Canadian College Athletic Association (CCAA) silver medal.

Augy Jones - Augy has been the head coach of the X-Women basketball program for 6 years. He led the X-Women to the AUS championship final in his first two seasons. Augy previously served as an assistant coach with the Saint Mary's men's basketball program for four seasons and also assisted the X-Men program for three seasons in the early 2000's, which included their 2001 CIS national championship victory. Jones played five years with the StFX X-Men from 1986-1991. He was a 1991 AUS all-star and AUS James Bayer award winner (top student-athlete). He was named team captain of the X-Men and was also a CIS academic all-Canadian.

Schedule of events:

Friday August 25:

5:30 – 6:00pm – Registration and shoot around

6:15-6:45 – Introduction to camp, coaches, guidelines, etc.

Guest speaker: **Mickey Fox**

6:45-7:45 – skills and drills with

2017 U15 Provincial Coach **Mat MacDonald** (Boys)

2017 U17 Provincial Coach **Tasia McKenna** (Girls)

8:00-8:45 – drills with

Augy Jones

Mickey Fox

8:45-9:00 – cool down and wrap up.

Saturday August 26:

9:00-9:45 – Intro from Rick Plato and Jill Jeffrey along with 2 or 3 university players

9:45-10:00 – Warmup

10:00-11:00 - Camp begins. Skills and Drills with

USports Dalhousie head coach **Rick Plato** (Boys)

former USports Saint Mary's coach **Jill Jeffrey** (Girls)

11:00-11:15 – break (snack and water)

11:15-12:00– Strength and conditioning with **Devon Norris**

12:00 – 1:00 – Lunch

1:15 – 2:15– Skills and drills with

current ACAA MSVU head Coach **Mark Forward** (Girls)

ACAA MSVU head Coach **Ian McRae** (Boys)

2:15- 2:30 - Break

2:30 - 3:30– Info Sessions

Nutrition – with **Karen Furneaux**

Mental Training – with **Colleen Jones an Steve Giles**

3:30 – 3:45 – Wrap up with Hall of Famer **Mickey Fox**

3:45 – 4:00 – gather things to head on bus to Hall of Fame for reception and meet and greet.

4:30 – Hall of Fame visit

Pizza, drinks and talk from **Mark Smith**

6:00 – Depart Hall of Fame to go back to Canada Games Centre

Sunday August 27: Camp Showcase

9:00-9:20am – Warm up with **Devon Norris**

9:30 – First game starts

3:30pm – Awards ceremony (MVP, All Star, Sportsmanlike etc.)

Presented by **Mickey Fox**

4:00pm Thank you's and wrap up.