

# Welcome to the 2023 St. Benedict Spring League Basketball Program

<b>Convenor</b>	Samantha Edwards School: 519-621-4050 Email: <a href="mailto:samantha.edwards@wcdsb.ca">samantha.edwards@wcdsb.ca</a>
<b>Instructors</b>	High School Basketball Players (male and female)
<b>Location</b>	St. Benedict C.S.S Gym
<b>Divisions</b>	Freshman: Grade 4-6 (5:30-7pm) Seniors: Grade 7-8 (7-8:30pm)
<b>Equipment</b>	<ul style="list-style-type: none"> <li>- Come dressed in your gym clothes: Basketball shoes, t-shirt or reversible, shorts (all valuables should be labeled or left at home)</li> <li>- The gyms will be open 15 minutes before each session. Players are to be picked up and dropped off at the gym entrance <b><u>at the back of the school ONLY.</u></b></li> <li>- Bring your own water bottle</li> </ul>

Schedule		
Dates	Time	Description
Tuesday April 4th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Introduction and meet your coaches Exhibition game
Tuesday April 11th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Skill Work/ Games/ Relays League Game 1 and 2
Tuesday April 18th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Skill Work/ Games/ Relays League Game 3 and 4
Tuesday April 25th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Skill Work/ Games/ Relays League Game 5 and 6
Tuesday May 2nd	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Skill Work/ Games/ Relays League Game 7 and 8
Tuesday May 9th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Skill Work/ Games/ Relays League Game 9 and 10
Tuesday May 16th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Skill Work/ Games/ Relays League Game 11 and 12
Tuesday May 23th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Skill Work/ Games/ Relays League Game 13 and 14
Tuesday May 30th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Skill Work/ Games/ Relays Semi Finals
Tuesday June 6th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	No Spring League Today
Tuesday June 13th	Grade 4-6 (5:30-7pm) Grade 7-8 (7-8:30pm)	Finals and Closing Ceremonies