



2023/2024 ANNUAL REPORT

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EXECUTIVE SUMMARY

Dear H5 Academy Parents and Guardians,

Let's reflect on some thrilling moments from our first year at H5 Academy's Advanced Basketball Skills Development & Leadership Program (H5 Academy) during the 2023/2024 basketball prep season.

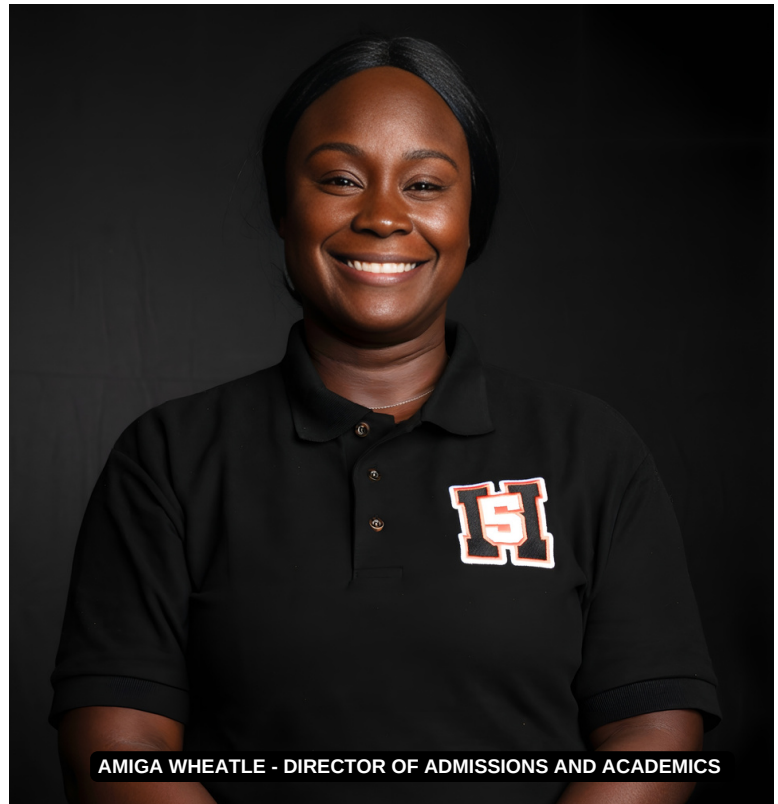
This report provides an interactive journey of what your athlete has been up to these past few months. Engage with season video snippets by selecting the "CLICK HERE" prompts on each page, or access all the videos conveniently on Google Drive by [CLICKING HERE](#)

From intense training sessions to thrilling games, our student-athletes showcased their determination and passion for the sport. We are continually impressed by the dedication and progress our student-athletes made in honing their basketball skills this season, and we're excited to see what the future holds for them.

At H5 Academy, academic excellence remains paramount. As TDSB educational partners, H5 Academy's scholastic prep program provides tailored support to empower student-athletes in their studies. From tutoring sessions to study groups and access to educational resources, we're dedicated to maximizing each student's potential both on and off the court.



JEREMIAH WHEATLE - DIRECTOR OF OPERATIONS



AMIGA WHEATLE - DIRECTOR OF ADMISSIONS AND ACADEMICS

We extend our heartfelt gratitude to Central Technical School (CTS) for graciously hosting our program this year. Though separate, their support and belief in our program have been invaluable, and we are deeply appreciative of their hospitality.

The impact of H5 Academy extends far beyond the basketball court. We saw positive changes in our student-athletes self-esteem, resilience, and overall well-being. It was incredibly rewarding to witness their growth and development firsthand.

Thank you for entrusting us with your children's development. We were committed to providing a supportive and enriching environment where they could thrive both academically and athletically.

We've accomplished so much together, but with such a dynamic season, we may have missed highlighting some key moments in this report. We'd love to hear from you about any memorable experiences or achievements that you believe should be celebrated. Your insights will help us ensure that our website launch reflects the full breadth of our journey this season.

Thank you for your continued support and engagement with H5 Academy.

Warm regards,

Amiga Wheatle
Jeremiah Wheatle

H5A OVERVIEW

Coaching Staff (8):

7 - Skills and Development Coaches
1- Strength and Conditioning Coach

Season Timeframe:

September 2023 - March 31, 2024

Season Record:

Seniors: 31-25
Juniors: 10-23

Basketball Skill Development and Training:

64 in-season practices, totaling 128 hours

Strength & Conditioning Sessions:

20 sessions, totaling 50 hours

Game Film Analysis Sessions:

20 sessions, totaling 20 hours

In-Season Games:

Senior: 56
Juniors: 33

Exhibition Games Played:

Senior: 4
Juniors: 3

Leagues Participated:

Senior: 3
Juniors: 2

Tournaments Participated:

Senior: 4
Juniors: 3

Performance Care: Physiotherapy:

Gopika Athithan, BA Kin, M.Phty.St.,
Registered Physiotherapist,
Neurofunctional Acupuncture, and
Sports Performance Practitioner.

Massage Therapy:

Lisa Beveridge Registered Massage
Therapist

Academic Staff:

Amiga Wheatle M.A, B.A
Natasha Mills: M.A, B. Ed, B.A (Hons)
Emma Lynch: CTS Senior 90% GPA

Study Hall Sessions:

62 sessions, totalling 124 hours of
academic support & tutoring

Grit Lab: Life Skills & Leadership Development:

6 workshops amounting to a total of 9
hours

Canadian University Tours:

Visits to McMaster, TMU, and York
Universities

Team Building Activities & Parent/Guardian Experiences:

5 -Team Building Events
7 - Parent/Guardian Events

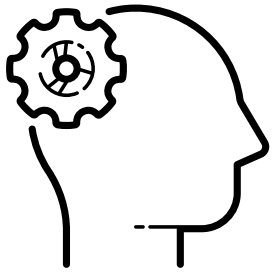
Dollar Amount of Subsidies Awarded to Families

Demonstrating Financial Need:
\$18,700

Job Opportunities for H5A Student-Athletes and Central Technical School Students:

5 - Paid Job Opportunities





SKILL DEVELOPMENT & TRAINING

At H5 Academy, we prioritize comprehensive skill development and rigorous training, utilizing advanced equipment like Vertimax and shooting guns to enhance athleticism and endurance. Through targeted drills and exercises, we refine fundamental skills to create well-rounded athletes capable of excelling under pressure on the court.

Our season kicked off with an intense Bootcamp, integrating indoor and outdoor sand and hill workouts alongside physical training exercises. Following the pre-season Bootcamp, we conducted individual player performance evaluations to tailor training plans to their unique strengths and weaknesses. Mid-season, a second evaluation allowed us to adjust training plans accordingly. Additionally, player feedback gathered through program evaluations helped us make necessary adjustments to meet their specific needs and preferences.



Our strength and conditioning sessions at the YMCA, led by our dedicated coach, boost our athletes' physical capabilities. With state-of-the-art facilities and equipment, we ensure high-quality training in an optimal environment.



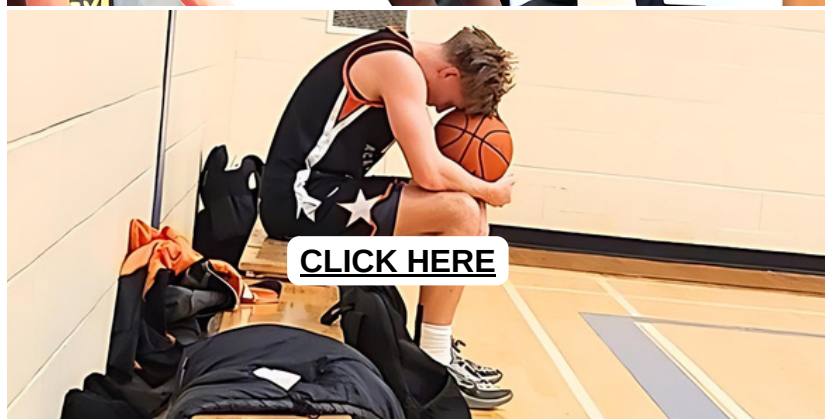
COACH JEREMIAH WHEATLE

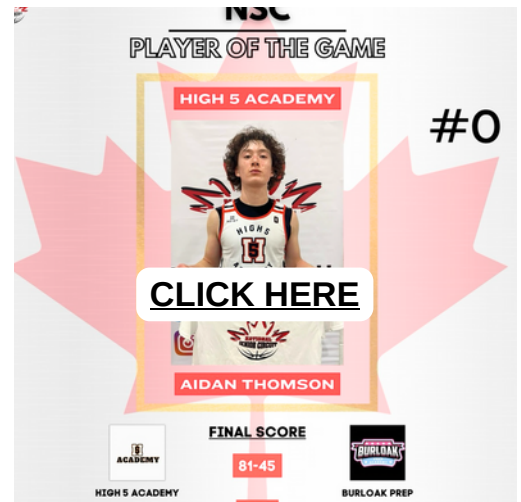


PRE- SEASON BOOTCAMP

Our unwavering coaching team ensures top-notch training plans. With the addition of Coach Jamal Jones, a seasoned pro from Europe, midway through the season, our players gained invaluable expertise. Their growth soared under the expert guidance of our coaching staff.

COMPETITION HIGHLIGHTS





PERFORMANCE CARE ACTIVITIES


[CLICK HERE](#)

PHYSIO AND MASSAGE THERAPY SERVICES

We're excited to have provided physiotherapy and massage therapy sessions to our student-athletes this year, offering crucial care beyond our standard services. Though not fully covered by tuition fees, we managed to arrange these sessions, averaging two per week, with allowances for holidays and TDSB declared breaks. The impact has been remarkable, with athletes enjoying improved recovery, minimized injury risks, and elevated performance levels on the court. Our heartfelt thanks go out to our devoted therapists for their exceptional work and dedication to our athletes' well-being.


[CLICK HERE](#)

MASSAGE THERAPIST: LISA BEVERIDGE OF MYODETOX


[CLICK HERE](#)

Our collaboration with "The Performance Lab" presented an exciting chance for our student-athletes to access advanced testing services like force plate testing and movement skill assessment, all geared towards enhancing their basketball skills.

Notably, this opportunity incurred no extra cost to parents beyond the tuition fees.

Athletes underwent force plate testing to gauge various aspects of their physical performance, while movement skill assessment evaluated their agility, coordination, and overall movement efficiency.

This event exposed them to cutting-edge technologies and testing methods, enriching their understanding of their physical abilities and customizing their training for superior performance both on and off the court.


[CLICK HERE](#)

HYPOPRESSIVE THERAPY W/ CORESET FITNESS

Trista, a seasoned expert in the Hypopressive technique, led a highly beneficial Hypopressive technique training session for our student-athletes. Focusing on core health and sports performance enhancement, this technique strengthens core muscles, improves posture, and enhances stability as well as balance, directly benefiting their on-court performance.

The session had a significant impact, fostering camaraderie and support among the boys while equipping them with valuable skills and knowledge for their athletic development. Thank you to everyone who attended and contributed to its success.



H5A STUDY HALL SESSION

ACADEMIC SUPPORT

STUDY HALL

With three qualified academic staff members, we prioritize both academic success and athletic achievement at H5 Academy. Offering tutoring sessions, study groups, and access to resources like Chromebook laptops and homework supplies, we hosted 51 study hall sessions to help our student-athletes stay on track academically.

We're proud to report that our student-athletes maintained an impressive overall study hall attendance rate of approximately 82% from September to March. This remarkable commitment underscores their dedication to excelling both academically and athletically.

CLASS ATTENDANCE POLICY

Our attendance policy at H5 Academy has been a game-changer, driving student academic engagement to new heights. With stringent guidelines, including game ineligibility for unexcused absences and our punctuality rule, students have demonstrated heightened responsibility and dedication. Despite its challenges, particularly on game days, our commitment to instilling accountability and discipline has led to full engagement both academically and athletically.

IMPACT

Our continuous communication with their teachers enables us to swiftly address any academic concerns, ensuring athletes receive the essential support to excel in their coursework. This collaborative method not only aids students in staying organized and on track but also nurtures a sense of accountability and responsibility for their academic performance. Consequently, student-athletes cultivate vital time-management and study skills that enhance their overall success both in the classroom and on the court.





Our "Grit Lab" series aimed to build leadership, communication, and resilience in our athletes, providing essential tools for success on and off the court. These workshops supported the holistic development of H5A student-athletes, in line with the H5 Academy's mission.

GRIT LAB: W/ TMU LEAD ASSISTANT COACH

The Lead Assistant Coach from Toronto Metropolitan University (TMU) visited to discuss collegiate basketball, scholarships, and recruitment opportunities for H5A student-athletes. Athletes gained firsthand insights to inspire their academic focus, skill development, and attitudes on and off the court. His attendance at practice also provided valuable insights and critiques to enhance their individual games.

[CLICK HERE](#)



[CLICK HERE](#)

MINDFUL HOOPS WORKSHOP

REAL ESTATE IN FOUR QUARTERS

This workshop by the Flourishing After Basketball (F.A.B.) organization focused on financial literacy and real estate investment, empowering athletes to build wealth and secure their financial futures.

MINDFUL HOOPS YOGA WORKSHOP MENTAL HEALTH & WELLNESS

A wellness session facilitated by Taya Veira of the HeardEdu organization. This session emphasized the importance of mindfulness and mental wellness in athletic performance, teaching athletes how to incorporate yoga into their training routines.

"BALL TALK" WORKSHOP

"Ball Talk" was a 90-minute interactive anti-bullying workshop written by Amiga Wheatle and facilitated by Angelina Mighty-Osborne of Mighty Solutions. It aimed to empower participants, leveraging their influence as student-athletes to take a stand against bullying in their school and communities.

[CLICK HERE](#)

FINANCIAL LITERACY AND CRITICAL THINKING

Financial Literacy Workshop & Critical Thinking" provided athletes with practical knowledge about financial management and decision-making, equipping them with critical thinking skills to navigate financial and societal challenges effectively.



[CLICK HERE](#)

FINANCIAL LITERACY AND CRITICAL THINKING WORKSHOP

GRIT LAB

CANADIAN UNIVERSITY TOUR

H5 student-athletes recently toured McMaster, TMU, and York universities, gaining valuable insights into collegiate basketball opportunities. This experience is crucial as it provides them with firsthand exposure to potential pathways for their future post-secondary academic and athletic endeavours.

We extend our sincere gratitude to each coaches for their commitment in organizing these tours as for many of our student-athletes experienced a university campus visit for the first time.


[CLICK HERE](#)

YORK UNIVERSITY TOUR


[CLICK HERE](#)

[CLICK HERE](#)

MCMASTER UNIVERSITY TOUR

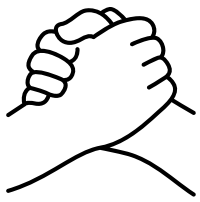


O.U.A. COACH OF THE YEAR:
DWAYNE HOLNESS

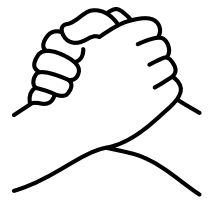
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FRANKIE THE FALCON

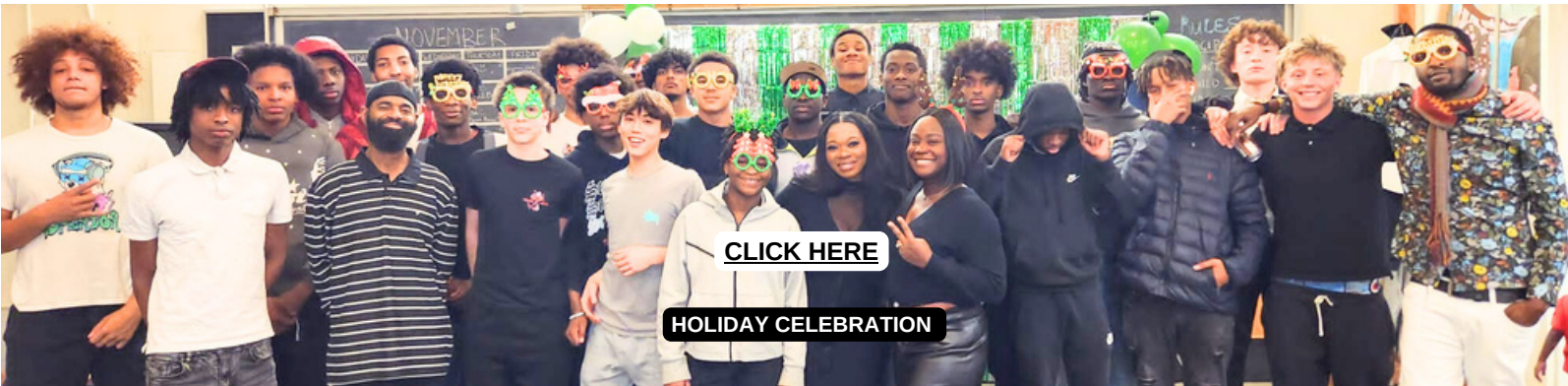
TORONTO METROPOLITAN
UNIVERSITY (TMU) TOUR



TEAM BUILDING EVENTS



The team-building activities we organized went beyond mere outings – they were essential for fostering camaraderie among our student-athletes and staff.



Whether it was traveling to the **ONL-X Classic tournament in Ottawa**, catching a movie, or attending a TFC or Toronto Raptors game, each gathering provided a chance to celebrate our achievements and acknowledge the commitment shown by our student-athletes in balancing their academic and athletic pursuits throughout the season. These events offered an opportunity for everyone to unwind, have fun, and strengthen bonds.

These activities had a profound impact, enhancing team culture, communication, and morale, ultimately leading to improved performance on and off the court. We thoroughly enjoyed organizing these events and look forward to providing more rewarding experiences for our team in the future. Cheers to many more shared victories!



CONCLUSION AND NEXT STEPS

In conclusion, the H5 Academy annual report highlights the tremendous progress and achievements of H5A student-athletes throughout the 2023/2024 season. We are incredibly proud of their dedication, growth, and resilience.

As we look ahead to the next season, we want to express our gratitude to the parents and guardians who have entrusted us with the development of your children.



Join us on our journey of growth!

Spread the word about the H5 Academy by sharing the experience with your family and friends. Simply click on the brochure image below to access and download our brochure(s).

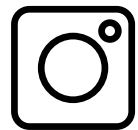


Once again, thank you for a wonderful season. We wish you and your boys continued success, growth, and happiness both on and off the court.



ADVANCED BASKETBALL
Skills Development &
Leadership Preparatory
Program

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THANK YOU



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