

ABOUT H5 ACADEMY

We provide a tailored program for junior and senior student-athletes, with a primary emphasis on establishing a solid groundwork of fundamental skills. This includes honing abilities in dribbling, shooting, passing, and defensive techniques. Our aim is to foster a dynamic and encouraging atmosphere where athletes have the opportunity to develop, acquire knowledge, and achieve excellence.

We are committed to providing the necessary resources, expert coaching, and competitive opportunities for our high-performance student-athletes to thrive and achieve success in their basketball journeys.



ADVANCED BASKETBALL
Skills Development &
Leadership Preparatory
Program

Apply Now

CONTACT US

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Follow Us On Instagram:
[@High5.Academy_](https://www.instagram.com/High5.Academy_)
[@High5.Foundation](https://www.instagram.com/High5.Foundation)

Website:
academy.h5f.ca

H5
ACADEMY

WHY CHOOSE H5A?

At H5 Academy (H5A), we're dedicated to providing an exceptional experience that sets us apart from other academies. Our commitment to excellence shines through in every aspect of our program, ensuring that student-athletes receive top-tier coaching, personalized support, and opportunities for growth both on and off the court.

EDUCATIONAL PARTNER

H5A student-athletes enroll in a full course load at **Central Technical School**, diligently pursuing their Ontario Secondary School Diploma credits. The academic staff at H5 Academy maintain open communication with classroom teachers to provide comprehensive support for student-athletes in effectively balancing their education and training commitments.

PROGRAM HIGHLIGHTS

- Accessible Program Fee
- Cutting-Edge Basketball Skill Development
- Academic Excellence Support
- Seasoned "Player/Coach" Coaching Team
- State-of-the-Art Shooting Gun and Vertimax Training
- Comprehensive Strength and Conditioning Workouts
- Film Analysis Sessions
- Professional Physiotherapy Sessions
- Individual Performance Assessments
- Grit Lab: Empowering Life Skills & Leadership Workshops
- Player Showcase Opportunities
- Dynamic Team Bonding Activities

H5 CORE VALUES

Our commitment to excellence is embraced through our foundational pillars — APEX SKILLS, representing:

- A**cademics
- P**rofessionalism
- E**thics
- X**perience (transformative power of sports)
- S**elf-discipline
- K**nowledge Enhancement
- I**ntegrity
- L**eadership
- L**ifelong Learning
- S**uccess Mindset

