

A
ASPENGROVE
BASKETBALL

A
ASPENGROVE
ATHLETICS

ASPENGROVE SCHOOL
VANCOUVER ISLAND, CANADA 

A PATHWAY FOR SERIOUS PLAYERS

As a premier independent school, Aspengrove offers a high-performance basketball program for student-athletes committed to competing, developing, and leading — on the court and in the classroom.

**This is not recreational basketball.
It's an elite performance pathway designed for
serious student-athletes.**



YEAR-ROUND DEVELOPMENT

Structured skill progression, strength and conditioning, individual performance feedback, and seasonal evaluations.



STRENGTH & PERFORMANCE

Integrated training designed to develop athleticism, strength, speed, movement, and confidence.



COMPETITIVE PLAY

Aspengrove teams compete in the North Pole Hoops League, providing structured, high-level competition throughout the season, along with select tournaments.



ACADEMIC INTEGRATION

A full academic program designed to prepare student-athletes for university while balancing demanding basketball commitments.



CHARACTER-DRIVEN CULTURE

Building disciplined, resilient, accountable athletes who are prepared to lead on and off the court.

Aspengrove offers a long-term development model supporting athletes from Grade 8 through graduation, with an optional Grade 13 year for continued athletic development and university preparation.

TRAINING & PRACTICE SCHEDULE

SESSION	SCHEDULE	FOCUS
Morning Training	Mon, Tue, Wed, Thu 8:00 - 9:30 AM	45 min skills / 45 min strength and conditioning
Team Practice	3 sessions per week, after school	Full team sessions with the coaching staff
Strength & Conditioning	Integrated daily	Weights, plyometrics, athletic development
Film & Analytics	Weekly	Game film review and individual development

COMPETITION SCHEDULE

9 trips. 8 flights. National stops in Calgary, Montreal, and Toronto. International competitions in Seattle, Arizona, Las Vegas, and Southern California.

SCHEDULE STOPS

1

CALGARY, AB

EDGE TOURNAMENT

SEPTEMBER

2

SEATTLE, WA

AUG SESSION 1

OCTOBER

3

ARIZONA

AUG SESSION 2

NOVEMBER

4

TORONTO, ON

NPA SESSION 3

NOVEMBER

5

LAS VEGAS, NV

AUG SESSION 3

DECEMBER

6

CALGARY, AB

NPA SESSION 4

JANUARY

7

SOUTHERN CALIFORNIA

AUG SESSION 5

FEBRUARY

8

ARIZONA

AUG FINAL

MARCH

9

TORONTO, ON

NPA NATIONALS

MARCH

9 TRIPS

8 FLIGHTS

CROSSING CANADA & THE U.S.

ELITE COMPETITION, NATIONAL EXPOSURE.





A GLOBAL COMMUNITY

Join a small, globally focused school where international students integrate into local culture and form meaningful connections with Canadian and international classmates.



ENGLISH IMMERSION

Learn and live in an English-speaking environment, building confidence both inside and outside the classroom.



A HOME AWAY FROM HOME

International students can live with a member of the Aspengrove community through our Aspengrove-managed Homestay Program.



EXPERIENCE HOMESTAY

Scan to watch our Homestay video.



ACADEMICS BUILT AROUND AMBITIOUS ATHLETES

Aspengrove combines strong academic programming with exceptional support for ambitious basketball players pursuing their passion while preparing for their future. Students complete the IB Programme through Grade 10, followed by Advanced Placement course options in Grades 11 and 12, with the option of Grade 13 for additional academic, athletic, or university preparation.

- ✓ Full academic course load alongside basketball training
- ✓ Training integrated within the regular school day
- ✓ Small classes and teachers who know their athletes
- ✓ Full BC Graduation requirements
- ✓ NCAA and U SPORTS eligibility tracked throughout the program
- ✓ Personalized guidance from the Basketball Academy and University Counsellor



The result: an academic foundation designed to keep serious players eligible, prepared, and ready for the next level

SAMPLE DAILY TIMETABLE

8:30 - 9:50	●	HP Block ~ Skills & Strength Development
10:30 - 11:50	●	Academic Block
11:50 - 13:10	●	Academic Block
13:10 - 14:00	●	Lunch
14:00 - 15:20	●	Academic Block
After School	●	Team Practice





UNLEASH YOUR POTENTIAL



BASKETBALL



Ministry of
Education

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