



UFV MALE ELITE PERFORMANCE BASKETBALL DEVELOPMENT

What is the UFV Elite Performance Development Program?

The **UFV Elite Performance Development Program** is a comprehensive, high-performance training initiative designed to mirror the structure, expectations, and demands of a post-secondary athletic environment. Spearheaded by the **University of the Fraser Valley Men's Basketball Coaching Staff**, this program offers young athletes a unique opportunity to elevate their game under the guidance of experienced collegiate-level coaches.

Our mission is simple: to help athletes **maximize their potential** and pursue the **highest level of performance and achievement** possible. Through a holistic, long-term athlete development model, participants will engage in a targeted, multi-faceted curriculum that includes:

- **Advanced Strength & Conditioning**
- **On-Court Skill Development**
- **Game Film & Video Analysis**
- **Scouting Report and Tactical Training**
- **Sport Nutrition Education**
- **Mental Performance & Resilience Training**

This program is open to **athletes entering Grades 8–12 in the fall**, as well as select **uncommitted post-graduates** aiming to increase their visibility and opportunities at the collegiate level.

Whether you're striving to make a varsity roster, sharpen your skills for the next level, or unlock new athletic and academic opportunities, the **UFV Elite Performance Development Program** provides the platform to take that next big step.

Dates & Times

July 8 – 31 (4 Consecutive Weeks)

Most sessions held Tuesdays, Wednesdays, and Thursdays

9:30 AM – 12:30 PM

UFV Gymnasium – University of the Fraser Valley, Abbotsford

Finalized schedule available upon request.

Who's Eligible?

Male athletes entering Grades 8–12 in Fall 2025

Select UNCOMMITTED post-graduate athletes seeking post-secondary opportunities

***Space is limited to 30 athletes. Admission is granted on a first-come, first-served basis*



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What's Included?

- 3 Strength & Conditioning sessions per week (Tuesday–Thursday)
- 3 Skill Development sessions per week (Tuesday–Thursday)
- Tactical training, scouting reports, video breakdowns
- Guest coaching and specialized lectures
- Basketball-specific training handouts
- Invite to exclusive UFV MBB Invite Only Runs Tuesday/Thursday 7-9 PM)

Program Fees: *\$480 + Tax*

Fees will ***Not Be Prorated

***Must Register on Xplor Recreation portal. Minors must have a parent register them. Once a parent makes an account, they will add the child to the primary account under the "My Info".

Register Here: [REGISTRATION LINK](#)

Coaching Staff – 2025 Boys Program

Head Coach: Joe Enevoldson – UFV Men's Basketball

Assistant Coach: Noah Nickel – UFV Men's Basketball

Strength & Conditioning Coach: Program Designed by Theorem Performance and Lifestyle

Guest Coaches & Speakers: TBA

*Take your game to the next level. Compete. Learn. Grow. **Train like a Cascade.***

For more questions regarding the programming or registration, please feel free to reach out to Head Coach Joe Enevoldson at 778.257.7999 (cell); or email at Joe.Enevoldson@ufv.ca