



INFORMATION GUIDE

SPRING 2022



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ABOUT

D3P SPORTS

Since its inception in 2018, D3P Sports committed to establishing community spaces for sports programming –all the while encouraging comradery and safe play. What started as a single basketball program, initiated the opportunity for expansion. Now sustaining a non-profit framework, D3P Sports caters to members of all ages, facilitating both virtual and in-person programs that specialize in personal fitness – including focused sessions for youth with disabilities, sports, and tutoring. Our organization builds programs that reflect the needs of each participant, whether novice or expert. Founded by Felix Adjei, who continues to prioritize health and social welfare through community projects; basing his work on four core principles: 1. Diversity, 2. Dedication, 3. Discipline, and 4. Perseverance. These values sustain our programming so that participants have an immersive and lasting experience. You can always count on Coach Felix and the D3P Team to support your educational and fitness needs – building confidence, generality, and skill.

Welcome to the D3P Family!

D3P SPORTS PROGRAMS

D3P Sports offers the following types of programming:

BASKETBALL PROGRAMS

Fundamental training (i.e., drills, interactive skillset games, etc.) for all ages and genders that improve expertise in basketball. Our training methods will enhance each player's skill in shooting, ball-handling, finishing, footwork, and much more!

TUTORING

As another extension to our program – D3P promotes education. Our team offers personalized tutoring services for grade levels 1-8. We believe that it is an obligation to support the academic success of our members.

FITNESS PROGRAMS

After addressing structural gaps, D3P Sports expanded its programming by facilitating fitness sessions. Our fitness programs were implemented to support the mental and physical health of our members who had interests beyond the sport of basketball.

ALL ABILITIES PROGRAMS

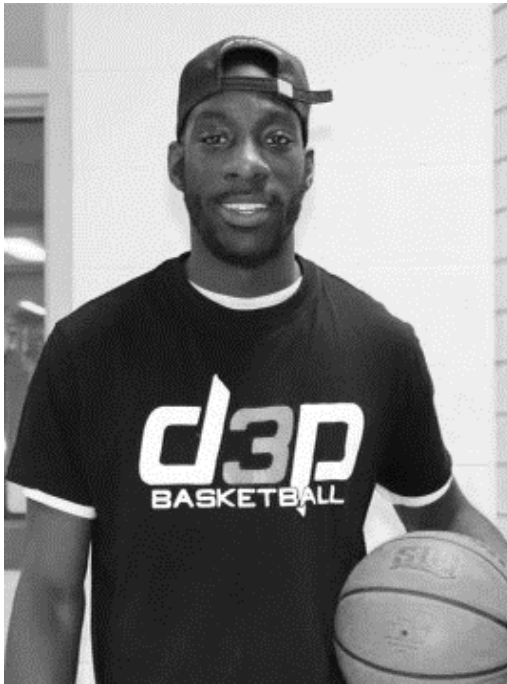
Introducing our newest extension – D3P Together, our inclusive programming. Incorporating an all-abilities methodology that addresses inaccessibility. We aim to reduce barriers for members with disabilities so that everyone can enjoy our programs!

WE'VE MOVED!

We're now located in the Peel – with plans for expansion in the future.

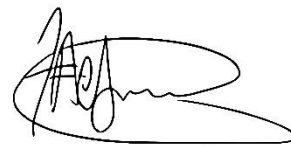
D3P TOGETHER

D3P Together is a new initiative that we launched to highlight the lack of recreational activities accessible to participants with disabilities. In an effort to address the gap, our team is developing niched programs to serve individuals with behavioral, developmental, and intellectual disabilities.



My name is Felix Adjei, CEO, Coach, and founder of D3P Sports. I founded my organization on the premise that my programs would prioritize inclusivity. I strive to support the most marginalized groups in the Greater Toronto Area. Ableism – for one, is a huge issue in the recreation and sports sector. And after practicing as a program coordinator for four years, it's important that I use D3P Sports as a means to challenge the barriers for participants with disabilities in my line of work.

As a result, "D3P Together", is designed to enrich each participant through our core values and specialized programming, no matter who they are.

A handwritten signature in black ink, appearing to read 'Felix Adjei'.

ABOUT THE ALLABILITIES PROGRAM

WHO

Our target market is persons with disabilities, ages 13 and up.

WHAT

Through our *All-Abilities* programming, we will highlight the importance of fitness and healthy living. The program promotes mobility and physical literacy in addition to reflecting the core values of our organization: Diversity, Dedication, Discipline, and perseverance.

WHERE

Programs are based in the Peel Region – however, we are also hosting online sessions throughout the remainder of the COVID-19 pandemic. Our coaches conduct sessions in a single or group format. Please contact our Customer Service Team for program availability.

WHY

The *All-Abilities* program was created to identify and highlight the lack of services and support for persons with disabilities. The lack of movement and fitness programs available to the community has caused detrimental health deficits to these individuals. As we address concerns with immobility, the *All-Abilities* program serves to create a fun, engaging environment that promotes social interaction and physical literacy.

D3P SPORTS

PROGRAMS

Initially, D3P Sports was a single basketball program.

In 2020, we expanded our services to include academic and fitness training. To date, we facilitate three core programs:

- 1. D3P Basketball*
- 2. D3P Fitness*
- 3. D3P Tutoring*

BASKETBALL

PROGRAMS



MINI HOOPS

Ages: 2-5 years old

The D3P Mini Hoops program is an interactive program designed specifically for our young ones. Participants will be taught basic basketball skills, hand-eye coordination exercises, and basic physical literacy skills. Each child **MUST** be accompanied by an adult to assist with some of the group exercises. Classes are 45-minutes long and programs are 4 weeks long.²

FUNDAMENTALS

Ages: 6-8 years old

The D3P FUNdamentals program is an introductory basketball program that focuses on basic basketball skills. Players will go through various lessons throughout the 8-week curriculum and will have opportunities to practice and work on those skills. Our participants will be put through engaging, competitive, and FUN games that will provide them with the opportunity to practice and perfect their skills. Classes are 1-hour long, and programs are 8 weeks long.¹

JUNIOR HOOPS

Ages: 9-12 years old

The D3P Jr. Hoops program is an introductory basketball program, like the FUNdamentals program but for an older group. Players will go through an 8-week program, covering all the main aspects of the game. Players will then be given the opportunity to practice those skills in exciting and challenging drills and exercises. Afterward, participants will be using the skills acquired in a game setting. The session is 1 hour long, and programs are 8 weeks long.¹

SKILLS & DRILLS (OUTDOOR)

Ages: 6+ years old

The D3P Skills & Drills program is a skill development basketball program. Created to combat the deficit left by the pandemic. Players will be given equipment, which has been sterilized and will remain 2 meters apart. From the beginning of the program to its ending, participants will be led through challenging and engaging drills while remaining two feet apart. Sessions are 1 hour long, and programs run at 4-week intervals.²

G3P

Ages: All Ages

The G3P program is a female introductory basketball program, created to introduce girls into the sport. Players will be taught skill development drills, work on social skills, and understand the importance of self-empowerment. Our participants will be able to execute new skills and participate in a full-court basketball game. The rules of the game will be introduced so that the girls gain a deeper understanding of the game. Sessions are 1-hr in length, with the program running once per week; in addition, it is also a FREE program.³



BASKETBALL

PROGRAMS *(CONTINUED)*



SHOOTING CLINIC

Ages: 10+ years old

The D3P Shooting Clinic program is a specialized shooting program. Players will be taught correct shot mechanics, good hand-eye coordination, and focusing on the BEEF acronym. Participants will take part in creative drills that will allow them to be creative and original. Players will have the opportunity to use these new skills and methods in different shooting drills and competitions. Sessions are 1 hr and programs are 8 weeks long.¹

ADVANCED TRAINING

Ages: 12+ years old

The D3P Advanced Training Basketball program is another one of our specialized programs. Players will be taught various advanced skills through our 8-week curriculum. Focusing on various ways to score and get yourself open and available. There is also a focus on physical fitness and endurance in this program. Participants will engage in high-level game situation scenarios and be taught to equip themselves with elite combo attacking moves to put them ahead of their opponents. Sessions are 1 hr long and programs are 8 weeks long.¹

PRIVATE GROUP TRAINING

Ages: All Ages

The D3P Private Group Basketball Training is a custom program, tailored especially for our players. Coaches will meet at a specified location (driveway, park) will work on various aspects of the game, while providing a safe and positive environment that encourages success. Players will work on their skills and have opportunities to use those skills in different drills and challenges. Sessions are 1 hr long and programs are booked on a first-come, first-serve basis.³

1 ON 1 TRAINING

Ages: 6+ years old

The D3P 1 on 1 Basketball Training is another one of our custom programs. Coaches will meet at a specified location (park, driveway) and work will work on various aspects of the game. Players will work on and practice their weaker skills while perfecting their stronger skills. Many different skills and drills will be included to ensure success and engagement. Sessions are 1 hr long and programs are booked on a first-come, first-serve basis.³

ONLINE BASKETBALL

Ages: 7+ years old

The D3P Online Basketball Program is a skill development program designed for players to perform individually. Players will be using their own equipment and will be participating in various engaging and competitive drills. They will also be working on their physical fitness and endurance. The program is a 45-minute session on Zoom and runs EVERY Tuesday and Thursday.¹

NOTE:

- 1 - You can purchase the full 8-week program or purchase single sessions.
- 2 - You can purchase the full 4-week program or purchase single sessions.
- 3 - You can purchase multiple sessions or purchase a single session.



FITNESS PROGRAMS



PERSONAL TRAINING

Ages: 12+ years old

The D3P Personal Fitness training is a customized program, tailored for you and your goals. Participants will be put through an extensive questionnaire and will have the program customized just for them. Whether you want to lose weight or put on some muscle, we can provide guidance and motivation while putting you through challenging and exciting workouts to help you achieve your goals!! The session is 1 hr long and programs are booked on a first come first serve basis.³

GROUP TRAINING

Ages: 12+ years old

The D3P Group Fitness training is a generalized program. Participants will work on three different physical areas (Upper body, core, lower body) through different exercises. The need for equipment is minimal, which allows us to optimize the workouts. Focus is also put on cardiovascular health and the importance of cardiovascular endurance. The sessions are 1 hour long and are run on weekdays.³

ONLINE GROUP FITNESS

Ages 18+ years old

The D3P Group Fitness training is a generalized program focusing on a full-body experience. Participants will work on three different physical areas (Upper Body, Core, Lower Body). Exercises can be done anywhere, even in the comfort of your home. We help you achieve your personal fitness goals and will help guide and encourage you along the way. Sessions are 1-hr long and are held 3 times a week.³

ALLABILITIES FITNESS

Ages: 13+ years old

The D3P All Abilities fitness program is a specialized program catered to persons with disabilities. Participants will go through a relaxed fitness routine with adaptive modifications along the way. Our coaches will run participants through a full-body workout with all kinds of fun challenges in-between. All are **WELCOME**. We take information prior to our sessions to ensure that we meet your needs. For those who need a little extra assistance, a family member, friend, or worker can assist. Sessions are 45 minutes long and run 3 times a week.³

NOTE:

- 1 - You can purchase the full 8-week program or purchase single sessions.
- 2 - You can purchase the full 4-week program or purchase single sessions.
- 3 - You can purchase multiple sessions or purchase a single session.



ONLINE PROGRAMS



Due to COVID restrictions, a number of programs offered by D3P Sports have been put on hold until further notice. As such, D3P Sports has launched a number of online programs.

ONLINE BASKETBALL

Ages: 7+ years old

The D3P Online Basketball Program is a skill development program designed for players to perform individually. Players will be using their own equipment and will be participating in various engaging and competitive drills. They will also be working on their physical fitness and endurance. The program is a 45-minute session on Zoom and runs EVERY Tuesday and Thursday. You can purchase the full 8-week program or purchase single sessions.¹

ONLINE GROUP FITNESS

Ages 18+ years old

The D3P Group Fitness training is a generalized program focusing on a full-body experience. Participants will work on three different physical areas(Upper Body, Core, Lower Body). Exercises can be done anywhere, even in the comfort of your home. We will help you achieve your personal fitness goals and will help guide and encourage you along the way. Sessions are 1-hr long and held 3 times a week. You can purchase multiple sessions or just one session.³

TUTORING

Grades: 1-8

The D3P tutoring program is an educational assistance program. Students will be given an assessment test to gauge their areas of needs and strengths, our tutors will help and teach students many, if not all the subjects taught at school. Kids will also be given prizes for good improvement and success. Lessons can be taught in person, via Zoom or Google Team. You can purchase multiple sessions or just one session.³

NOTE:

- 1 - You can purchase the full 8-week program or purchase single sessions.
- 2 - You can purchase the full 4-week program or purchase single sessions.
- 3 - You can purchase multiple sessions or purchase a single session.



ONLINE BASKETBALL VIA ZOOM



ONLINE GROUP FITNESS VIA ZOOM



ONLINE BASKETBALL VIA ZOOM



ONLINE GROUP FITNESS VIA ZOOM

REGISTRATION

To register for any of the programs offered by D3P Sports, each participant is required to fill out a registration form and waiver form. These forms can be downloaded from our website (d3psports.com).

On the following page is a list of fees for all programs offered by D3P Sports. These programs operate on a 4-week period or 8-week period. However, you are able to purchase single sessions if interested.

If you have any questions regarding our programs, please email our Customer Service Team at info@d3psports.com.

The prices listed are subject to change in spring 2022.

REGISTRATION FEES

D3P BASKETBALL PROGRAMS

MINI HOOPS

Single Session Fee: \$15.00
4 Week Session Fee: \$60.00

FUNDAMENTALS

Single Session Fee: \$25.00
8 Week Session Fee: \$180.00

JUNIOR HOOPS

Single Session Fee: \$25.00
8 Week Session Fee: \$180.00

SKILLS & DRILLS (OUTDOOR)

Single Session Fee: \$25.00
4 Week Session Fee: \$90.00

SHOOTING CLINIC

Single Session Fee: \$25.00
8 Week Session Fee: \$180.00

G3P

Session Fee: FREE

ADVANCED TRAINING

Single Session Fee: \$25.00
8 Week Session Fee: \$180.00

PRIVATE GROUP TRAINING

Single Session Fee: \$40.00
Multiple Session Fee: \$150.00 (4 sessions) or \$300.00 (8 sessions)

1 ON 1 TRAINING

Single Session Fee: \$50.00
Multiple Session Fee: \$180.00 (4 sessions) or \$350.00 (8 sessions)

ONLINE BASKETBALL

Single Session Fee: \$15.00
8 Week Session Fee: \$110.00

D3P FITNESS PROGRAMS

PERSONAL TRAINING

Single Session Fee: \$25.00
Multiple Session Fee: \$90.00 (4 sessions) or \$180.00 (8 sessions)

GROUP TRAINING

Single Session Fee: \$20.00
Multiple Session Fee: \$70.00 (4 sessions) or \$150.00 (8 sessions)

ONLINE GROUP FITNESS

Single Session Fee: \$15.00
Multiple Session Fee: \$40.00/week (3 sessions)

ALL ABILITIES FITNESS

Session Fee: FREE

D3P TUTORING PROGRAMS

TUTORING

Single Session Fee: \$25.00

FREQUENTLY ASKED QUESTIONS

Q: How do I register for programs offered by D3P Sports?

A: You can register for our programs online by downloading the Registration and Waiver form from the Registration Page (www.d3psports.com). You can also contact our Customer Service Team at info@d3psports.com.

Q: How much does it cost to sign up for a program?

A: Prices for programs offered by D3P Sports are listed on page 17 – the **Registration Fees** page in our information booklet.

Q: What is the duration of each program?

A: Depending on the program, each program runs for a specific period of time. We offer 4-week period programs and 8-week period programs. Please visit the Programs or Registration Fees pages in this booklet to review specific details on our programming.

Q: What is the payment structure for the basketball, fitness, and tutoring programs?

A: For our Basketball and Fitness Programs: We require 50% of the payment upfront when registering for the program. This will also reserve your spot in the program. The remaining 50% of the cost must be paid by the end of the fourth session.

For our Tutoring Programs: We require 50% of the payment upfront when registering for the program with the remaining 50% of the payment due halfway through your booked sessions.

Q: If I have more than one child that wants to register, is there a family discount?

A: Yes, if more than one child from the same household registers for our programs at the same time, there is a 10% discount on programs.

Q: Do I have to sign a waiver form?

A: To participate in any of our programs, it is mandatory to complete a waiver form. You can download the Waiver form by visiting the Registration page on our website (www.d3psports.com).

Q: What if I don't want any pictures or videos of my child shared on social media?

A: If you do not want any videos of your child posted on our website and/or social media sites, please select 'no' under the Photo and Media Consent section on our waiver form.

Q: What is your cancellation policy?

A: All cancellations must be made 12 hours before a scheduled session. Any cancellations made less than 12 hours before the session, will incur a cancellation fee (the cost of the scheduled session).

FREQUENTLY ASKED QUESTIONS *(CONTINUED)*

Q: What is your current COVID-19 protocol?

A: Each parent/guardian **MUST** fill out a screening form and PASS for the child to be able to enter our facility. We are screening each participant upon arrival. We screen each child and parent/guardians upon arrival. Additionally, temperatures will be taken at the door and participants **MUST** sanitize their hands before programs begin. All participants, coaches, staff, parents, or guardians in an **INDOOR** facility **MUST** wear a mask at all times and maintain a physical distance of 2 meters (6 feet) of each other.

We provide hand sanitizers and masks for anyone who wishes to use them. Our equipment is sanitized on-site before the start of each program and after each use.

D3P Sports coaches and staff are fully vaccinated.

Q: I have more questions about the programs offered by D3P Sports. Who can I speak to?

A: If you have any additional questions and would like to obtain more information, fill out the Contact Form on our website and a member of our team will respond to your query in 24-48 hours.

Alternatively, you can email us at info@d3psports.com

CONTACT US

For general questions about D3P Sports, please contact our Customer Service Team at info@d3psports.com



www.d3psports.com



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www.linkedin.com/company/d3psports

