

Thomas' basketball lessons from True North

We are passionate about basketball and we ended up "influencing" our kids to love this sport as well. And that's why I was always looking for basketball classes for Thomas here in Toronto, but I only found options for classes for older kids. One day I received a newsletter from True North (the company where Thomas did two weeks of summer camp this past summer) and saw that they had basketball lessons for children from 4 years old. We did not think twice and we enroll Thomas. Today I will share with you my thoughts about this experience.

About True North

True North is a company focused on sports camps. For those who don't know camps are summer themed activities and that's when your child spends some time out of school, usually focusing on one type of activity. True North's camps, as I said earlier, are sports themed, and children can choose one or several sports. Outside the summer season the company has clinics and league, also sport-specific. The sports offered by True North - besides basketball – are the following: baseball, flag football and soccer, not to mention the multi-sports that brings them all together.

What are sports clinics?

Thomas is doing a basketball clinics, which is a set of 7 weekly basketball lessons for kids ages 4 to 13. Children will learn the basics of sport - dribbling, passing and throwing - through games, exercises and competitions. What I like about True North is that all their programs have very specific goals; and in the case of basketball clinics it is about skill development and will provide players with a fun and energetic environment in which they can learn, practice and compete.

Which is the best age for kids to start

I am of the opinion that sport is always good as it gives the opportunity not only for the child to exercise (especially in winter) but to focus, learn and have a sense of team. We've already put Thomas in swimming class and he's done soccer, but now he's older and understands what he's doing. I think 4 years is a perfect age to start playing sports. So I believe - and hope - that he likes basketball and wants to keep practicing. He has a good height and has also shown agility with the ball.

How are the classes

You can see location and time detail by checking True North's website. In summary, the classes last one hour and, in Thomas's, are composed of children from 4 to 6 years old. Thomas's first class had 30 students and we found it very busy in the beginning, but then we realized that there are a lot of assistants (4) and a teacher and they form groups so the kids could focus more. In addition to the fun activities the teacher talks about the game and I found this mixing theory and practice very good.

I can summarize the class as followed: warm up with play, overview of what the basketball game is like and dividing the kids into 5 groups to do activities. We didn't even see time go by and Thomas enjoyed it a lot. He arrived home super tired but wanting more!

How to register

Fall clinic classes have started, but in winter there will be more opportunities. It's a great option because it's so hard to keep kids active in the cold months. To sign up you just have to go to the True North's website and choose the type of sport you want your kid to do. And then just

follow the instructions. Super easy. You will receive an email with confirmation of registration and receipt.

I hope you enjoyed this tip and be sure to check out True North's programs, which are just amazing. This post is sponsored but everything I wrote reflects my real opinion on the subject.

Be sure to check out my instagram account (@gabynocanada) where I will be showing a little more about the basketball lessons that Thomas is doing. And it's worth mentioning that you can follow True North over there too, at @truenorthcamps.

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