

My COOP At UCHENNA

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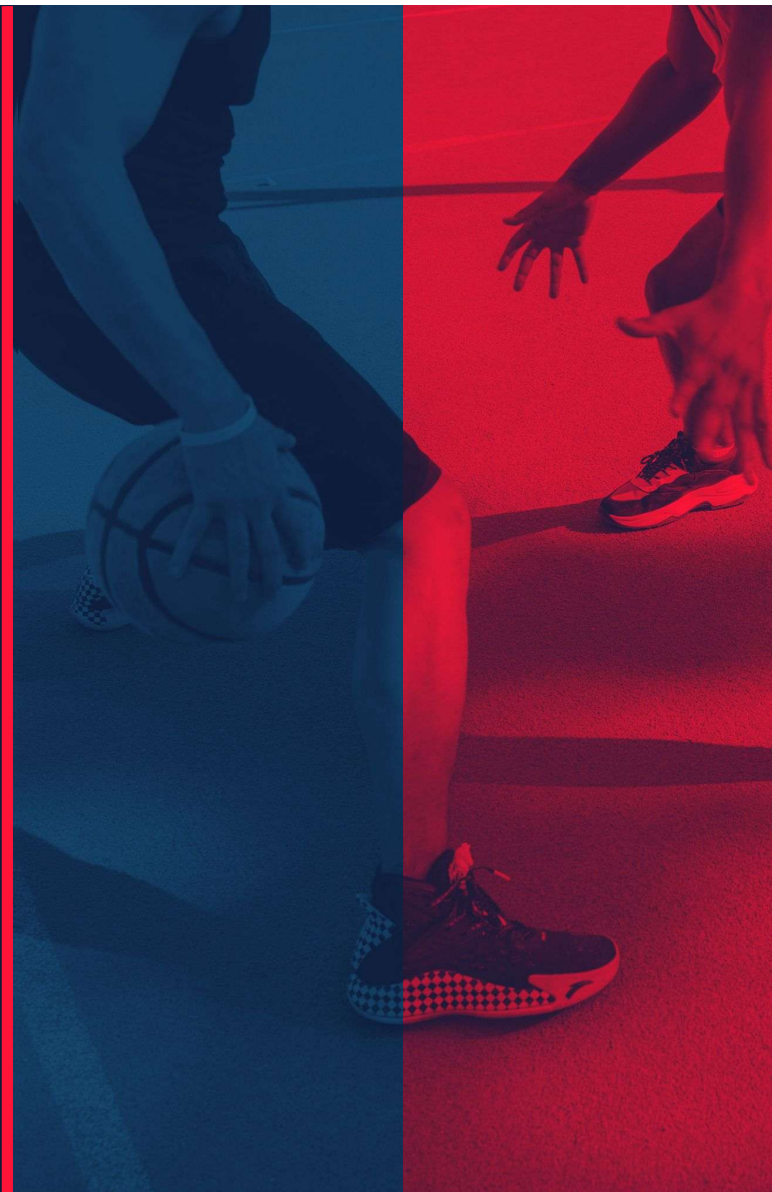
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01

Introduction

**What is a CO-OP? Hours, credits,
and general information.**

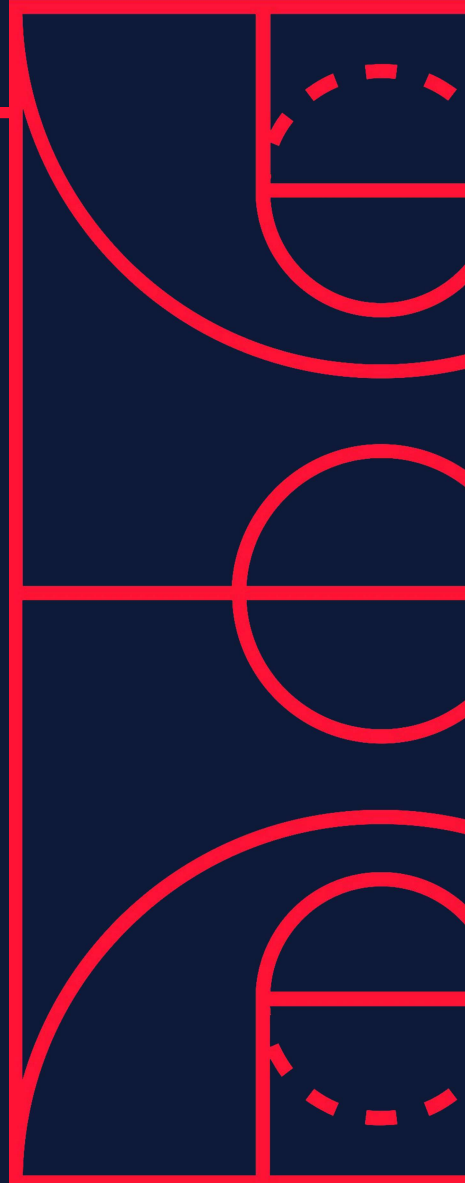
What is a CO-OP?

A CO-OP placement allows students to gain real workplace experience while earning high school credits. It helps students develop skills, explore potential career choices, and understand what the world of employment expects from their employees.

Hours needed for credits:

1 Credit = 90 hours

2 Credits = 180 hours



02

COOP

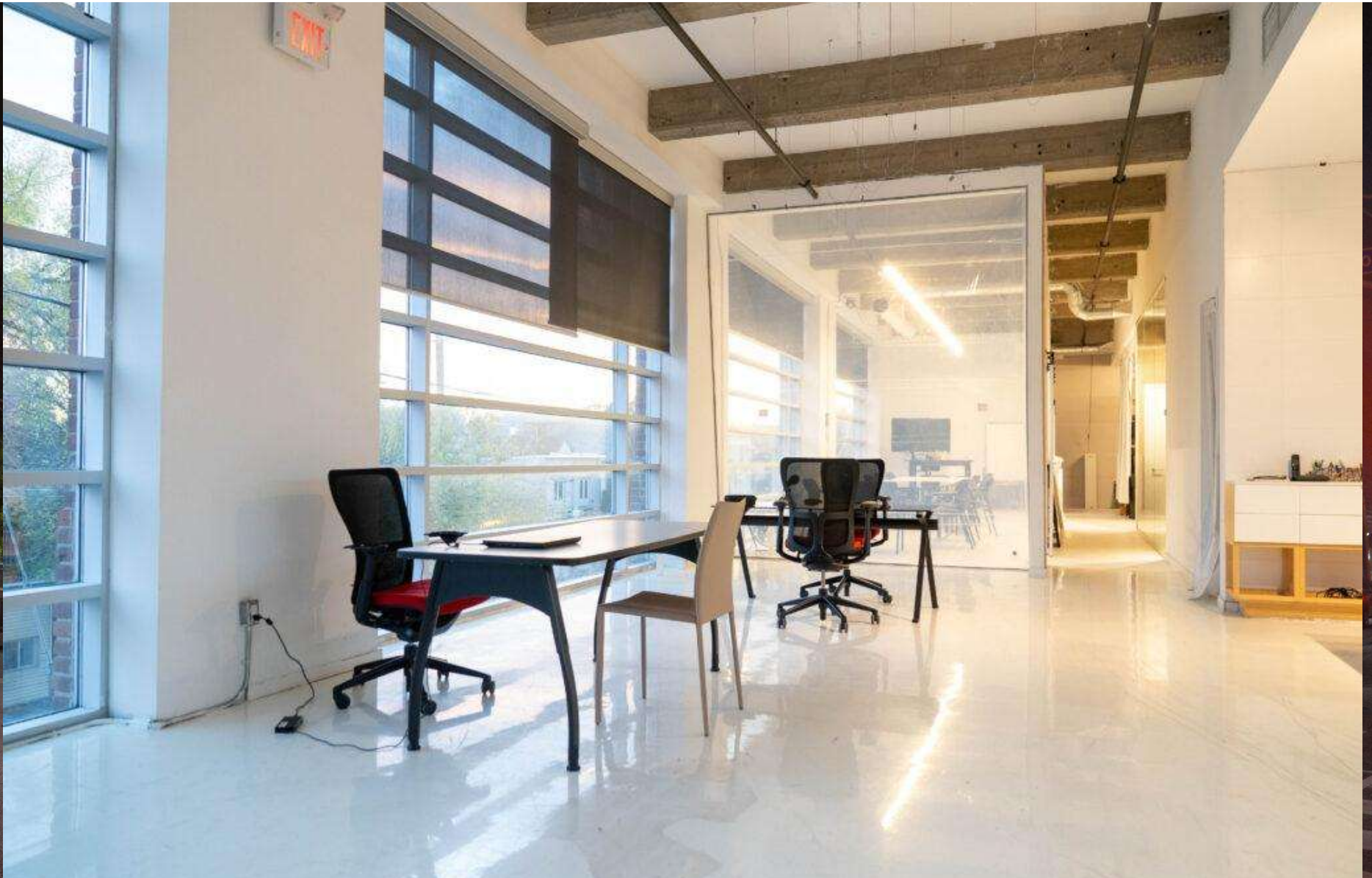
Photos and descriptions of my

placement.
Location

Where I did my COOP.

I completed my CO-OP placement at Uchenna Academy at 950 Dupont St. I was doing a little bit of everything from making promotional content to keeping track of stats. The facility in which I worked in, has two basketball courts on the main floor and the classrooms were in an upper level in the building right next to the courts.

Photos on next slide





03

General Info

**More about my coop, my tasks
completed and work tools used.**

About Uchenna

Uchenna is a basketball prep school based mainly in Toronto, Canada with one other location in Dallas, Texas. This school has a role of helping their student-athletes maintain a high academic and athletic level. It offers training, development camps, and opportunities that were made to improve player skills and help give athletes exposure to play basketball in university and other post secondary schools. Uchenna is part of QSLA and works closely with Ballmatics (Another branch of QSLA) to allow everyone at any age to access this type of program.

QSLA / QUANTUM SPORTS AND LEARNING

Main hub

Location: 950 Dupont Street, Toronto
Sports facility, programming, community hub

Facility Operations

Court rentals
Adult basketball
Training programs
Production / event space
Agency / representation

BallMatics Academy

Youth basketball + math / STE(A)M
Camps, tutoring, school visits
Ages 4 - 18

Uchenna Academy

Academic school partner
Student-athlete education
Grades 7 - 12
Post-secondary preparation

QSLA Foundation

Charitable arm
Bursaries and scholarships
Youth access and funding support

My role (Pt 1)

Media and content creation

- Designed posters and brochures using Canva
- Created and edited videos using CapCut
- Produced content for Uchenna Academy's Instagram page
- Store and organize media files (Google drive)
- Write and draft content (Google docs)
- Managed communication and submissions through Gmail

My role (Pt.2)

Game statistics and analysis

- Game statistics recording
- Video analysis and shooting feedback (junior team)

Other

- Graduation event setup support
- Coaching support - Helped develop basketball drills

Video Production

I was involved in the creation and editing of different types of content. This involves making player highlight videos that showed an athlete's strong points and also cutting up a livestream of a graduation to turn it into a short video. This required taking clips, editing the footage and organizing it to make it clear and engaging.

Social Media

I helped come up with ideas for content and create them for Uchenna and Ballmatics' social media platforms, mostly instagram. This involved designing and posting graphics, promoting events and programs, and showing player achievements.

Workplace

The workplace was professional, welcoming and very collaborative. The people I worked with were very supportive and there would be moments where they would share their knowledge not only about tasks but also general life knowledge. This created many opportunities to learn new skills and gain some sort of experience. The environment made it very easy to ask questions or even just have conversations.



Quantum Sports
Learning Academy

www.qs

Learn More



BALLMATICS ACADEMY

950 DUPONT ST.

PLAY - LEARN - EXCEL



Supported By



BUILDING BETTER ATHLETES.

DEVELOPING SHARPER MINDS.

WE ARE BALLMATICS

Rooted in the belief that the best athletes are also the sharpest thinkers, we combine high-quality basketball training with math analytics and performance tracking to develop players who are confident, skilled, and mentally prepared for whatever's next.



Academy Training

Small Group sessions focused on skill development and Basketball IQ.



Rep Teams (U12 /U14)

Competitive teams playing in the OBA league.



Seasonal Day Camps

Half-Day, Full-Day, and skills training camps with basketball + math + multi-sport training.



School Visits

Basketball-based math learning experiences for students.



Low Coach-to-Player Ratio



Well-rounded Athletes



Functional Strength



Body Mechanics



Performance Tracking



Built for Every Family

YOUTH PROGRAMS

Our flagship after-school training program runs twice weekly in small groups of up to eight athletes. Programs are organized by age and structured around Canada Basketball's Long Term Athlete Development Model.



Youth (Ages 6-10)

Build fundamentals, coordination, and confidence in a fun and structured environment.



Elite (Ages 11-13)

Skill training, competitive 3v3 play, and basketball IQ to elevate your game.



Pro (ages 14-17)

High-performance training, advanced skill development, conditioning, and game strategy.



Girls only (Ages 10-14)

Supportive environment focused on skill growth, confidence, and building relationships

OUR FACILITY

The QSLA Sports Hub is located at the intersection of Dupont St and Dovercourt Rd. We are home to one of Toronto's most sought-after courts; a place that inspires, teaches, and fuels players' commitment to excellence.

We sport 6 baskets between our 2 full sized courts, a weight room, recovery room, and viewing deck for spectators - all located just steps from bustling Geary Avenue.

We are continuously investing in our space, integrating new technology and innovative training systems to ensure QSLA remains one of the most forward-thinking basketball facilities in the city.



OUR COMMUNITY



Ballmatics is proudly rooted in the Toronto community. We serve families from across the city and maintain strong relationships with our community



Serving families with athletes from ages six through seventeen across a range of programs developed in accordance with Canada Basketball's Long Term Athlete Development Model.



We combine high-quality basketball training the math analytics and performance tracking to develop players who are confident, skilled, and mentally prepared for whatever comes next.



Ballmatics grew out of MLE Launchpad and operates under QSLA, which is also home to Uchenna Academy, one of Ontario's most respected prep basketball programs.

PROGRESS IS BUILT IN PRACTICE.



At Ballmatics, we believe development happens when athletes are challenged physically, mentally and collectively.



We focus on functional movement training, skill-specific sharpening, and team-based concepts - all with an analytical lens to track our progress, and measure results



We aim to give athletes a clear picture of where they are and what it takes to get where they're going.



We train players for intelligence. Players who can think the game from multiple positions, make decisions under pressure, and elevate the people around them.

Our athletes don't just get better at basketball, they get better at learning.



Character

Building confident, resilient athletes with strong values on and off the court.



Education

Supporting academic growth and the understanding that learning never stops.



Development

We develop well-rounded players through intentional training and data-driven feedback.



Opportunity

We create pathways to rep, prep, and post-secondary opportunities.

OUR PHILOSOPHY

OUR ATHLETES



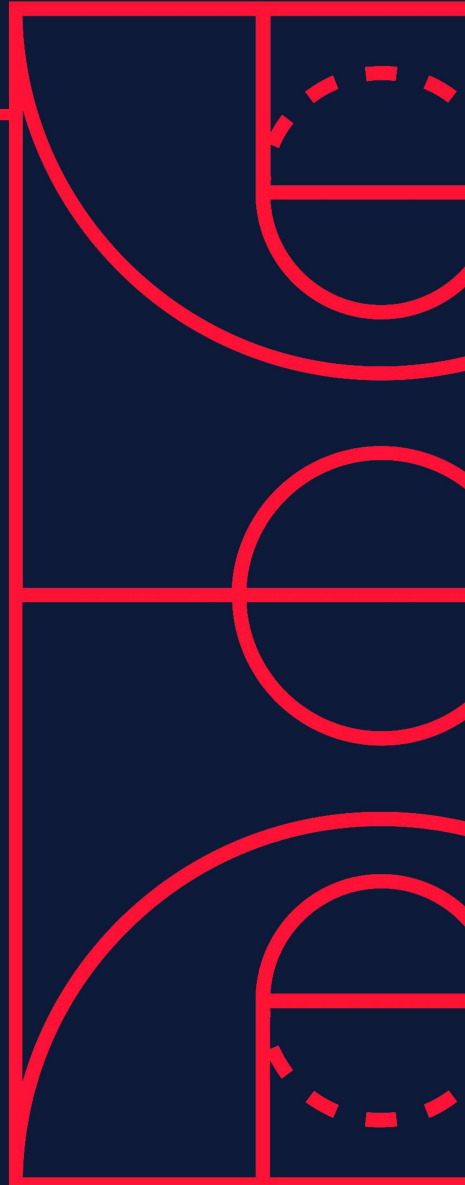
04

Learning

Things I learned, as well as my strengths and weaknesses during the placement.

What did I learn?

During my time working at Uchenna, I learned multiple things related specifically to media and content creation. I improved my skills in graphic design and video editing. I also learned how to work in a professional environment, meet deadlines and communicate with my coworkers.



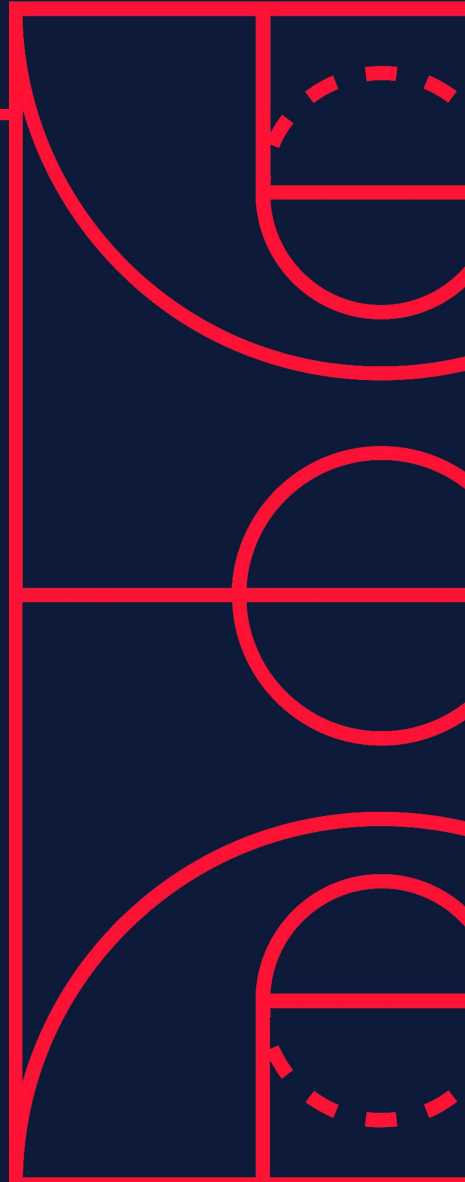
Strengths and weaknesses

- Strengths

- Creativity: I created posters, brochures, videos and social media content.
- Collaboration: I worked with coworkers
- Adaptability: I was able to adapt to different situations when needed

- Weaknesses

- Time management: Some projects needed multiple revisions, which taught me to manage my time more efficiently.
- Attention to detail: I learned the importance of carefully reviewing content before it was published





05

Transferable Skills

Skills and work habits that can be applied
to other workplaces.

Transferable Skills

Many of the skills I developed during this placement can also be applied to other jobs and careers like:

- **Communication:** important for working effectively with others in any workplace
- **Creativity:** useful in media, marketing, and other fields to make work stand out
- **Organization:** helps manage tasks, files, and responsibilities
- **Teamwork:** really helps for collaboration in group settings

06

COOP Benefits

**Why take a CO-OP? Would I like to
continue in this field?**

Pt.1

Benefits of a COOP

I would say some of the benefits of this COOP would be:

- Workplace experience before graduating from high school.
- Allows students to develop professional skills.
- Allows students to build connections within the working world.

Pt.2

Would I continue in this field ?

Yes, I would continue in the media field, marketing or sports related content creation. I enjoyed designing graphics, editing videos and helping manage social media content. This experience showed me how creative media can be used to promote sports programs and athletes, which is something that interests me.



Thank You.

A thank you message from me to my
supervisors.

Thank you message

Thank you to Mr. McNee, Ms. Mandekic, and everyone at Uchenna for giving me this co-op opportunity. I really enjoyed my time there and appreciate the guidance and experience I gained with this placement. This experience helped me develop new skills in media production, design, and communication while giving me valuable experience.