



# Filipino Canadian Sports Association

[www.filcansa.org](http://www.filcansa.org)

Through the years I have played basketball at Filcansa, I have learned many things. First, I have learned how to play basketball. I have learned the basics of basketball like dribbling and shooting. As well I have learned how to play well with others, and communication. Secondly, I have learned that basketball isn't just a sport you play, but somewhat a way of life. Discipline and hard work not only shows on the court but as well in everyday life. Filcansa has given me opportunities to expand my love and knowledge of basketball. Starting in the Midget division was really fun because I didn't really care much about playing, but having fun and cool basketball jersey. Getting older, I joined the Bantam division which we won the 1<sup>st</sup> place and played as well with Filcansa selection team in the prestigious Filcansa Under 13 program with my Dad as the coach and Uncle Julius as the Asst. Coach. Things got more serious, and my skills began to develop and my passion in the sports of basketball got more intense so things progress and last year's experience in the Novice division is quite challenging and quite different from Elementary basketball ... the expectations, the pressure, the frustration and playing every game at your utmost ability and performance. The divisions are like stepping stones that helped me grow as an athlete, and as a person. I played with my Holy Cross Grade 8 team and presently with Holy Cross Crusader Grade 9 basketball team. More power to Filcansa and hope another successful " Spring Basketball League " this 2010.

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Novice Division