SIMMONDS
SKILL BUILDING ACADEMY

Basketball. Confidence. Community.







A place to belong. Room to grow.

I pour my heart into this work because the relationships I form with these kids matter to me. The Academy is a place to feel known, supported and safe to try. Through basketball, we connect, build confidence and develop skills that carry into everyday life.

WHAT I BRING TO EACH SESSION

Basketball skills
Purposeful practice with dribbling, passing, shooting and footwork, with encouragement and challenges that meet each child where they are.

Mentorship and connection
Getting to know the person behind the player. I listen, celebrate progress and help kids work through frustration, trust themselves and support one another.

A sense of belonging
A welcoming space where kids can ask questions, make mistakes and keep trying. I want them to know they matter, whatever their skill level.

MEET COACH AJ

Antonio (AJ) Simmonds
Founder & Basketball Skills Coach

As an African Nova Scotian father, coach and community leader, I bring lived experience and a commitment to showing up consistently for young people.

- About eight years of coaching, including Acadia summer camps
- Three years as a U10 head coach
- Former Acadia University basketball player
- Four consecutive years representing Basketball Nova Scotia

Local relationships, hands-on experience
20+ kids supported through the Academy since summer 2026, plus work with 15+ students at Humber Park over the past two years.

LET'S CONNECT

Interested in basketball and mentorship programming for your school or community organization? I'd love to hear about your young people and discuss sessions that fit your space, schedule and goals.

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