

LEGACY

NEWSLETTER



"Every season starts with a group of players deciding who they want to become. We're here to help them get there."

// Welcome to the Legacy Family

Welcome to the first Legacy newsletter of the 2026/27 season. To every player and family joining us, whether you're new or returning, we're glad you're here.

Peg City play is already underway. Each month, this newsletter will keep you up to date on team news, league updates, and what's ahead.

In this issue, meet your coaches, team managers, and rosters, and learn the story behind the Select Prep League.

— Marlin Kraus, Founder

Join the Legacy Community

Follow Legacy Basketball for athlete highlights, development insights, training updates, and upcoming opportunities throughout the season.

Instagram: @legacyprepbasketballacademy

Email: info@legacypba.com

* [Check out the parents corner, click here!](#)



Meet Your 2026/27 Teams

This season, Legacy's club teams range from our 2014 group up through our 2009s. Each one is led by a head coach and supported by a dedicated group of assistant coaches, all committed to developing players who think the game, compete with confidence, and keep improving year after year.

On the following pages, you'll find the coaching staff, team managers, and full roster for each team. Team managers are your first point of contact for schedules, game times, and day-to-day logistics. To all of our coaches and team managers: thank you for the time, energy, and care you give our athletes.

Team	Head Coach	Assistant Coaches
2009 Boys	Jordan Lopez	Jessica Panesa, Fabrice Kazadi
2010 Boys	Leslie Duhamel	Binyam Zerihun, Paul Grant, Katinka Stecina
2011 Boys	Marlin Kraus	Morgan McCurdy
2011 South Boys	Mykel Caparas	Marko Trochanowski
2011 East Boys	Tyler Tynes	James Hay
2014 Boys	Dave Pinto	Troy De Viet, Riley Douglas

2009 TEAM

Head Coach & Team Manager: Jordan Lopez



Assistant Coaches: Fabrice Kazadi, Jessica Panesa



Roster:

0 Jacob Aupe • 1 Luke Lefort • 2 Ryder Marley • 3 Luke Legaspi •
4 Kyle Penner • 5 Ram Abarintos • 7 Liam Aviles • 8 Nixon Torres •
9 Ojie Odubor-Okojie • 10 Ali Haj-Hassan • 11 Alex Argente •
24 Mattias Penner

2010 TEAM

Head Coach & Team Manager: Leslie Duhamel



Assistant Coaches: Binyam Zerihun, Paul Grant, Katinka Stecina



Roster:

1 Sandul Deiyagala · 2 Miksa Reid · 3 Tanner Rivalin ·
4 Sebastien Venema · 5 Gavin Robinson · 8 Vincent Obiekwe ·
10 Tise Obasoto · 14 Lincoln Atkinson · 15 Dylan Duhamel ·
17 Aaron Cho · 22 Asher Yip · 43 Zhining Hao



2011 TEAM

Head Coach: Marlin Kraus



Assistant Coach:
Morgan McCurdy



Team Managers:
Lucy Bouathong, Michelle Marinelli



Roster:

0 Michael Oluyelu · 1 Mayo Adeye · 2 Ebba Itana ·
3 Dominic Marinelli · 4 Abdulazeez Ismail · 7 Layton Wakefield ·
8 Timmy Adeosun · 10 Reece Lopez · 12 Marvellous Asowata ·
19 Allen Bouathong · 24 Bhavdeep Passi



2011 SOUTH TEAM

Head Coach: Mykel Caparas



Assistant Coach:
Marko Trochanowski

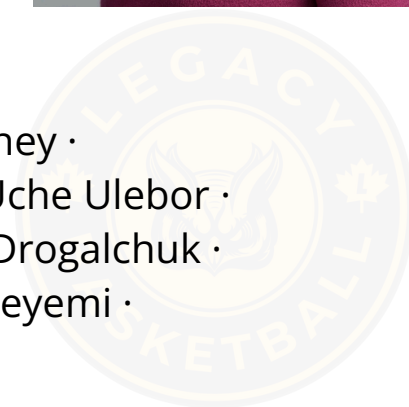


Team Managers:
Theofili Dafnis, Kelly Harris



Roster:

0 Somnto Nkechika · 1 Spiro Dafnis · 2 Declan Lahey ·
3 Rocco Harris · 4 Nahom Tsegay · 5 Emmanuel Uche Ulebor ·
7 Jacob Morcilla · 8 Dominik Salomon · 10 Nazar Drogalchuk ·
11 Mehvir Singh · 18 Seth Jonasson · 22 Yemi Egbeyemi ·
23 James Malomo · 25 David Ramirez



2011 EAST TEAM

Head Coach: Tyler Tynes



Assistant Coach: James Hay **Team Manager:** Aylicia Tynes



Roster:

0 Bien Asher Laxamana · 1 Izaac Rivera · 2 Renzo Zamora ·
3 Elias Torres · 4 Landen Simonovic · 5 Mikias Mekango ·
7 Lochlan Fast · 8 Akio Dumo · 10 Darnell Smith · 11 Al-Hannan
Kehinde · 12 Seyifunmi Oluremi · 21 Yandrei Ong · 40 Lucas Gilbert

2014 TEAM

Head Coach: Dave Pinto



Assistant Coaches: Troy De Viet (& Team Manager), Riley Douglas



Roster:

0 Drew Jones · 2 Isaiah Klassen · 3 Arlo Rempel · 4 Samuel De Viet ·
8 Grayson Henson · 10 Mateo Pinto · 11 Cian Ilag · 13 Emmett Scott ·
23 Brody Wachniak · 30 Henri Yalung · 43 Calder Kauk ·
67 Damien Ricard

Select Prep League

Why We Created the Select Prep League

A talented Manitoba basketball player should be able to face strong competition regularly without their family having to plan every meaningful game around a highway, a hotel, and a tournament fee. Travel has a place in player development. Competing against unfamiliar teams can challenge athletes and show them where they stand. But when travel becomes the main way to find high-level games, the cost adds up quickly. Families pay for transportation, accommodation, meals, and time away from work. Coaches spend more energy organizing trips. And some athletes miss opportunities because the expense is simply too high.

We created the Select Prep League to bring more high-level basketball programming to Manitoba and make that competition more accessible to local families.

Better competition, closer to home

Players improve when they face opponents who make them think and adjust. A close game exposes the details that practice alone cannot: how well a team handles pressure, whether players communicate on defense, who makes a good decision late in a possession, and how quickly the group responds when its first option fails.

Those lessons are most valuable when they happen consistently. A local league gives teams the chance to compete, return to practice, work on what the game revealed, and test their progress the next time they play. That cycle is central to development.

The Select Prep League is being built around that idea: give committed athletes meaningful games here at home, while helping programs raise the standard of preparation, coaching, and competition.

Select Prep League

Making the investment in basketball go further

For many families, the true cost of a basketball season is much larger than the program fee. One travel weekend can bring fuel or airfare, hotel rooms, restaurant meals, and missed work. Multiply that across a season, and the financial pressure can affect whether an athlete participates at all. Playing more high-level games locally helps reduce the need to travel just to find competition. It does not eliminate the value of tournaments outside Manitoba. It gives families and coaches a better choice about when travel is worth the investment.

That matters for access. A player's opportunity to develop should depend as much as possible on their commitment and work, rather than their family's ability to fund repeated trips.

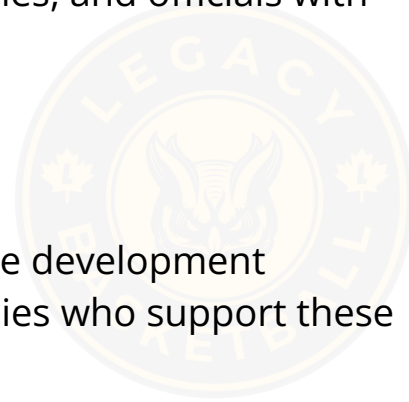
Building a stronger basketball community

The league also creates opportunities beyond the players on the floor. Coaches get more chances to teach, prepare, and learn from competitive games. Officials gain experience in a demanding setting. Families can watch high-level basketball in their own community, and younger athletes can see a standard they may one day work toward.

The league is giving us the opportunity to strengthen local basketball infrastructure and connect athletes, families, coaches, and officials with the game at a higher level.

A league we can build on

Our goal is practical: more meaningful games, more development opportunities, and less financial strain on the families who support these athletes.



Select Prep League

The Select Prep League will grow through the work of its teams, coaches, officials, volunteers, and families. Each competitive game gives players a chance to improve. Each season gives us a chance to make the league stronger.

If you care about the future of basketball in Manitoba, come watch a game, follow [the Select Prep League on Instagram](#), and support the athletes and programs putting in the work. High-level basketball belongs here, and we're building more of it together.



Meet the Lens Behind the Action: Gideon Mojica

If you've seen great game-day photos or highlight videos of our athletes lately, you've seen Gideon Mojica's work. Gideon is the photographer and videographer for our Legacy Prep and club teams, capturing the big plays, the sideline energy, and the moments our players and families will want to look back on for years. This season, Gideon is also covering the Select Prep League, shooting photo and video at every game. Whether it's a buzzer-beater or a quiet moment on the bench, he's there to make sure it's remembered. **Athletes and families who'd like additional photos or video from any Select Prep League game can reach out to Gideon directly.**

Gideon's work goes well beyond the court. He also offers:

- Content for local service businesses: organic and paid content for social media and websites, helping Winnipeg businesses show up online and stand out.
- Family and couples sessions: relaxed, natural photos that feel like you.
- Weddings: photo and video coverage of your big day, start to finish.

Want extra game-day photos and video, or interested in working with Gideon on something else?

You can reach him by:

Instagram DM: @g.shuttersworth

Email: gideon.mojica@gmail.com

Website: fill out the booking form at gideonmojica.com/booknow



Meet the Lens Behind the Action: Gideon Mojica



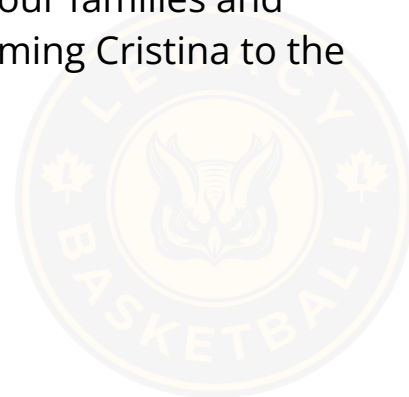
Welcoming Cristina Elchyson to the Legacy Team

I'm pleased to introduce Cristina Elchyson as Legacy's Club Operations Coordinator. Cristina and I have been working together for the past six months, and she has become an important part of how we run the program. She helps manage player registrations, gear orders, gym bookings, and insurance, and handles the many details that keep a basketball club moving. She is also helping us build clearer processes as Legacy grows.



Cristina graduated from the University of Toronto and brings strong organization and business management skills to her work with us. What I appreciate most is her positive outlook, dedication, and willingness to take ownership. I've been sharing much of what went into running the club last season, and she has brought both care and fresh thinking to the work.

I'm grateful to have her beside me and excited for our families and players to get to know her. Please join me in welcoming Cristina to the Legacy family.



Coach's Corner: Ankle Braces for Recovery and Injury Prevention

An evidence based guide for athletes parents and coaches

By Coach Marlin

An athlete rolls an ankle, limps to the bench, and asks the question almost every coach has heard: "If I put on a brace, can I keep playing?"

That question treats the brace as the decision-maker. It is not.

An ankle brace can protect healing tissue, provide external support, and reduce the risk of another sprain. What it cannot do is rule out a fracture, restore lost range of motion, rebuild strength, retrain balance, or prove that an athlete is ready to compete. The best results come when bracing is used as one part of a progressive rehabilitation plan... not as a substitute for one.

This distinction is especially important in basketball. Landing on another player's foot, changing direction, and reacting in traffic place repeated demands on the ankle. Research involving basketball players has also identified a previous ankle injury as a major risk factor for another injury. In one study, athletes with a prior ankle injury were nearly five times more likely to sustain an ankle injury than athletes without that history.[1]

What an ankle brace actually does

Most basketball braces are lace-up, semi-rigid, or a combination of the two. They are designed to limit excessive inward rolling of the ankle while still permitting enough movement to run and jump. Immediately after a lateral ankle sprain, an appropriate external support may make progressive weight-bearing safer and more comfortable.

The 2021 clinical practice guideline from the Academy of Orthopaedic Physical Therapy recommends external support, such as a brace or taping, together with progressive weight-bearing after an acute lateral ankle sprain. The type of support and how much weight the athlete should place on the ankle should reflect the severity of the injury, pain, healing stage, and the athlete's preferences.[2]

For a severe sprain, short-term immobilization may be appropriate. The same guideline indicates that a more restrictive brace or cast may be used for up to 10 days in severe injuries.[2] That is different from placing every sprained ankle in prolonged immobilization. In many routine lateral sprains, early protected movement and progressive loading are preferred because the ankle must eventually regain motion, strength, and control.

When should an ankle brace be used?

1. During the early recovery period

Once a fracture or other serious injury has been considered, a brace may help protect the ankle during walking and early weight-bearing. The appropriate level of support depends on the diagnosis. A mild sprain may need a flexible lace-up brace, while a more significant injury may require a semi-rigid device, walking boot, or another support prescribed by a healthcare professional.

2. During the return to practice and competition

A brace is often useful when an athlete begins running, cutting, jumping, and playing again. These activities expose the ankle to unpredictable forces before the athlete has completely regained automatic balance reactions and confidence.

3. To reduce recurrent sprains

The strongest case for ongoing bracing is generally an athlete with a history of ankle sprain, chronic instability, or repeated episodes of the ankle “giving way.” A systematic review and meta-analysis found ankle bracing effective for both first-time and recurrent injury prevention in athletes, with a larger protective effect in athletes who had already suffered an ankle injury.[3] A review in the British Journal of Sports Medicine likewise recommended bracing for athletes with a previous sprain, particularly in higher-risk court and indoor sports.[4] Bracing should be paired with proprioceptive and balance-focused exercise. The clinical guideline recommends both prophylactic bracing and balance-focused therapeutic exercise for people at risk of another sprain.[2]

When should a brace not be the answer?

A brace should not be used to conceal an injury or rush an athlete back into a game. Do not rely on a brace alone when:

- there is visible deformity, severe swelling, worsening pain, or a suspected fracture;
- the athlete cannot take four steps after the injury or has marked tenderness over the ankle or midfoot bones...features clinicians use within the Ottawa Ankle Rules when deciding whether imaging may be required;[5]
- pain is above the ankle, the athlete has difficulty pushing off, or a high ankle sprain is suspected;
- there is numbness, tingling, unusual coldness, colour change, increased swelling below the brace, or worsening pain after it is applied;
- the brace changes the athlete's gait, creates pressure points or blisters, or does not fit securely inside the shoe;
- the athlete is using the brace instead of completing rehabilitation; or a physician or physiotherapist has prescribed a different form of protection following a fracture, surgery, tendon injury, or other diagnosis.

Do not assume that every ankle injury is a simple lateral sprain. An athlete should receive timely medical assessment when the injury is severe, the diagnosis is uncertain, walking is not possible, symptoms are worsening, or progress stalls.

A practical, phased rehabilitation plan

Recovery should be guided by function, not merely by how many days have passed. Injury grades and timelines can be useful, but two athletes with similar-looking swelling may have very different deficits.

Phase 1: Protect the ankle and establish the diagnosis

The first priorities are to stop participation, protect the ankle, control excessive swelling, and determine whether medical assessment or imaging is needed. Relative rest is appropriate, but complete inactivity is rarely the entire plan.

Use compression, elevation, and cold therapy if they provide short-term pain relief. Ice may help with comfort, but it should not be presented as the treatment that heals the ligament. Follow the advice of a qualified healthcare professional regarding pain medication, weight-bearing, and the correct brace or boot.

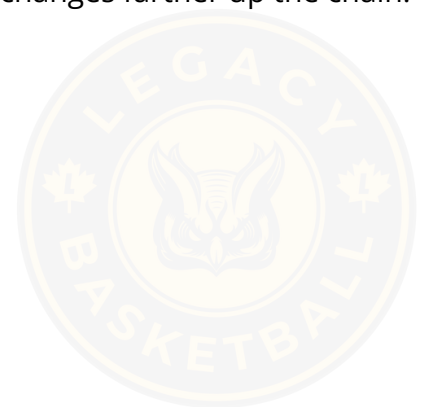
Early goals include:

- walking with a progressively more normal gait;
- reducing pain and swelling;
- beginning gentle, pain-limited ankle movement; and
- protecting the injured tissue from another roll.

Phase 2: Restore range of motion and normal walking

As symptoms settle, the athlete should work to restore ankle movement, particularly dorsiflexion, the ability of the knee to travel forward over the foot. Gentle ankle circles, controlled flexion and extension, and clinician-directed mobility exercises may be introduced according to tolerance.

The brace can support walking during this stage, but it should not prevent the athlete from completing prescribed mobility work when the brace is safely removed. Persistent stiffness can affect squatting, landing, running mechanics, and direction changes farther up the chain.



Phase 3: Rebuild strength and balance

Rehabilitation must progress beyond band exercises. It should address calf strength, muscles controlling inward and outward movement, foot strength, single-leg balance, and the athlete's ability to react to changing positions.

A sensible progression may include:

- resisted ankle movements;
- double-leg and then single-leg calf raises;
- single-leg balance on a stable surface;
- reaching, catching, or reacting while balancing;
- progressively more demanding balance surfaces when appropriate; and
- controlled squats, split squats, and step-downs.

Structured exercise—including range-of-motion, neuromuscular, postural-control, and balance training—is a central recommendation in the 2021 guideline.[2] This is where the ankle begins to become capable again rather than merely less painful.

Phase 4: Reintroduce running, jumping, and change of direction

The athlete should move from straight-line jogging to acceleration and deceleration, lateral movement, planned cutting, reactive cutting, two-foot and single-foot jumping, and controlled landing. Basketball players should then progress to closeouts, rebounding, defensive slides, transition running, and contact or traffic-based drills. The brace should be worn during higher-risk drills if it is part of the athlete's return plan. However, the athlete still needs unbraced rehabilitation work in a controlled environment when approved, so the ankle's own strength and sensorimotor control continue to develop.

Phase 5: Return to sport using criteria—not courage

The international PAASS return-to-sport framework identifies five areas that should inform the decision after a lateral ankle sprain:[6]

- Pain: during sport and over the previous 24 hours;
- Ankle impairments: range of motion, strength, endurance, and power;
- Athlete perception: confidence, reassurance, stability, and psychological readiness;
- Sensorimotor control: balance and proprioception; and
- Sport/functional performance: hopping, jumping, agility, sport-specific drills, and the ability to complete a full training session.

In practical terms, an athlete should be able to walk and run without a limp, demonstrate near-symmetrical mobility and strength, balance and hop with control, cut and land confidently, and complete a full practice without a meaningful increase in pain or swelling during the following 24 hours. A brace may reduce risk during this transition, but it does not turn a failed functional test into a pass.

How long should an athlete keep wearing a brace?

There is no universal expiry date. The decision should account for injury severity, previous sprains, sport, position, exposure, ongoing instability, and rehabilitation progress.

A practical approach is:

- Early recovery: wear the prescribed support for walking and weight-bearing as directed.
- Return-to-sport period: wear the brace for practices and games while strength, balance, and sport-specific capacity are rebuilt.
- After return: athletes with a previous sprain or recurring instability should consider continued use during high-risk activities, especially court sports, while maintaining a prevention program.
- Reassess rather than automatically discontinue: if the athlete remains unstable without the brace, that is a signal to reassess strength, mobility, balance, diagnosis, or rehabilitation...not simply proof that the athlete must wear a brace forever.

Some athletes may choose ongoing bracing during every practice and game because their risk profile justifies it. Others may gradually reduce use after completing rehabilitation and demonstrating excellent function. That decision is best made with a sports physician, physiotherapist, or athletic therapist who can assess the athlete rather than the calendar.

Brace-use best practices

1. Choose the brace for the injury and activity. More restriction is not automatically better.
2. Use the correct size and follow the manufacturer's fitting instructions. A brace should feel snug and supportive, not painful or circulation-limiting.
3. Wear it with the footwear used for the sport. Confirm that the shoe still fits and the brace does not cause heel lift, pressure points, or altered movement.
4. Check the skin before and after activity. Stop and reassess if there is numbness, colour change, blistering, or increasing pain.
5. Keep it clean and inspect it. Worn straps, stretched fabric, or damaged supports may reduce effectiveness.
6. Do not routinely sleep in it unless instructed. Follow the treating professional's directions for overnight wear.
7. Continue the exercises. Bracing and rehabilitation are partners, not substitutes.

The message coaches and parents should reinforce

The goal is not to get an athlete through tonight's game. It is to restore an ankle that can tolerate the next practice, the next month, and the rest of the season. Use the brace when it adds appropriate protection. Build the ankle through mobility, strength, balance, landing control, and progressive exposure to the sport. When deciding whether an athlete is ready, measure function—not toughness and not the date on the schedule. A brace can be an excellent seat belt. It should never become the engine.

Medical note: This article provides general education and is not a diagnosis or individualized treatment plan. Anyone with severe symptoms, suspected fracture, repeated instability, or delayed recovery should be assessed by a qualified healthcare professional.

Sources

1. McKay GD, Goldie PA, Payne WR, Oakes BW. Ankle injuries in basketball: injury rate and risk factors. British Journal of Sports Medicine. 2001;35(2):103–108.
2. Martin RL, et al. Ankle Stability and Movement Coordination Impairments: Lateral Ankle Ligament Sprains Revision 2021. Journal of Orthopaedic & Sports Physical Therapy. 2021;51(4):CPG1–CPG80.
3. Bellows R, Wong CK. The effect of bracing and balance training on ankle sprain incidence among athletes: a systematic review with meta-analysis. International Journal of Sports Physical Therapy. 2018;13(3):379–388.
4. Doherty C, et al. Treatment and prevention of acute and recurrent ankle sprain: an overview of systematic reviews with meta-analysis. British Journal of Sports Medicine. 2017;51:113–125.
5. Stiell IG, et al. Implementation of the Ottawa Ankle Rules. JAMA. 1994;271(11):827–832.
6. Smith MD, et al. Return to sport decisions after an acute lateral ankle sprain injury: introducing the PAASS framework. British Journal of Sports Medicine. 2021;55:1270–1276.





TEAM GEAR UPDATE

Team gear has been ordered and is expected to arrive between early to mid October.

We'll share distribution details with each team as soon as the order lands. Questions in the meantime can go to your team manager.

If you have any issues with the gear, please reach out to the team manager as well.

PARENTS CORNER

Peg City League

The Peg City season finally arrived on September 25. Here's a recap of how our teams did on opening weekend. Watch all replays here (you must create an account):

<https://cbc.watch.pixellot.tv/category/647a04899776f39c24465d62/>

2011 Boys opened with a dominant 68-17 win over Prairie Hoops. Against Crossover, they were down 20 entering the fourth quarter. Full-court pressure sparked a comeback that came down to a final look to tie, ending in a 66-63 loss. They followed with another close one, falling 63-60 to Warchiefs.

2011 South Boys played both games missing key players and leaned on a next-man-up approach. They fell 65-41 to World Class and 63-56 to Relentless West, staying composed and competitive against quick, experienced opponents.

2011 East Boys showed their resilience against Refresh, battling back from nearly 30 down to within four before falling 60-54. They also dropped games to World Class Hoopers (70-54) and Attack (92-46), with Landen leading the team with 20 points.

Fundraising & Sponsorship

We're currently planning fundraising opportunities and events for the season. More details are coming soon, and we'll share them here and through your team managers. Funds raised will be applied in the following order: club registration fees, tournament registration fees, and travel tournament expenses. Every contribution helps reduce costs for our players and families. Also, if you own or know a local business that may be interested in sponsoring Legacy, please email us at info@legacypba.com.

Happy Birthday, Legacy Athletes!

September (*belated*)

- Nixon Torres, 2009 Boys
- Abdulazeez Ismail, 2011 Boys
- Timmy Adeosun, 2011 Boys
- Lochlan Fast, 2011 East Boys
- Renzo Zamora, 2011 East Boys
- Emmett Scott, 2014 Boys

October

- Jacob Aupe, 2009 Boys
- Dominik Salomon, 2011 South Boys
- Mehvir Singh, 2011 South Boys
- Seyifunmi Oluremi, 2011 East Boys

Wishing all of our athletes a great year ahead, on and off the court!

These birthdays are based on what we have on file. If we missed your athlete or something needs updating, let us know at info@legacypba.com.





LEGACY PREPARATORY BASKETBALL ACADEMY