



## PROFILE - OMAR NICHOLLS

### Basketball Instructor, Head Coach & Trainer

Omar has played basketball for over 25 years and not only enjoys the game as a player but as a coach, instructor and trainer. As a basketball instructor at the Central YMCA in Toronto, he taught basic fundamentals and game skills to children ages 3-12. He also manages the gym on teen nights and organizes games for the adult basketball programs.

For the 2015/16 season Omar was Head Basketball Coach for the Senior Girls, Junior Boys and Grade 3 teams at the Toronto French School (TFS) and Assistant Coach for Canada Basketball's Toronto Region Centre for Performance (CP-Prep) program for kids in Grades 7 & 8. He was also an Assistant Coach for Northern Secondary School's Grade 9 team and a National Technical Official for Men's Basketball at the 2015 Pan Am Games in Toronto.

In addition to head coaching Canada Elite's grade 5 AAU team during the summer of 2015, he lead Durham City Basketball Association's 24/7 Elite Camp throughout the summer of 2015 and 2016.

Omar was Assistant Coach for the Durham City Basketball Association's (DCBA) Novice Boys A team for the 2012/13 season. The team placed bronze in the Ontario Cup but the highlight of the season was their 5-0 game win in the Blessed Sacrament Tournament, where Omar had the opportunity to head coach. The team had a shut out game, scored a total of 124 points and only gave up 24 points in the entire tournament.

Omar became Head Coach of DCBA's Boys Novice AAA and Bantam A teams for the 2013/14 season. His novice team was undefeated in the 2013/14 OBA season and brought home the gold medal from the Ontario Cup where they finished off with a 29-0 record. The team's accomplishments caught the attention of the Toronto Star and in April 2014 they were featured in an impressive [article](#) in the newspaper. Omar was also voted 2014 ABS League Coach of the Year for the boys novice division.

For the 2014/15 season, Omar was Head Coach for DCBA's Atom Boys AAA team, which had a 27-4 record for the season, and DCBA's Major Bantam A team, which ended up with a 22-7 record. His TFS U15 Junior Girls basketball team won gold in the 2014 finals and he also coached his son's grade 7/8 elementary school basketball team.

Omar is well-known in the basketball community wherever he goes and stands out, not only because of his basketball skills, but the philosophy behind his game. Omar is passionate about basketball and eager to pass on his knowledge to the next generation of players that want to take their game to the next level through NuStep Basketball Academy. NuStep was established in 2013 and offered a basketball Drills & Skills program for Toronto youth. For the 2015/16 season, NuStep introduced two REP/AAU teams in the U12 and U15 divisions and will be adding two more teams in 2016/17.