



# Coach Nicholas Thomas

COACH. PSYCHOTHERAPIST. ANALYST.

## Basketball History

Coach Nicholas's extensive basketball journey spans over 35 years, marked by excellence in both playing and coaching, underpinned by academic and military achievements. During nearly two decades of service in the Canadian Armed Forces as an intelligence professional, he also competed in numerous national basketball tournaments as a member of several military basketball teams. His accomplishments include multiple provincial championships and a silver medal at the national level.

## Coaching Philosophy

With a thorough foundation in psychology, including a Master of Arts in psychotherapy, Coach Nicholas offers a unique and holistic approach to coaching. His integration of performance psychology both on and off the court plays a pivotal role in the personal and athletic development of his players. He is known for his ability to inspire, mentor, and demand the level of effort required for success at the competitive level. Coach Nicholas sharpens focus through mindfulness drills and eases performance anxiety with breathing techniques. Confidence is built using visualization and consistent positive reinforcement. To develop mental resilience, Coach Nicholas uses adversity training and guided reflection. He maintains motivation through personalized goal setting and by celebrating progress. His approach not only enhances on-court performance but also supports human development—instilling discipline, emotional control, and self-belief that players carry into life beyond basketball.

## Core Values

The pursuit of both athletic excellence and personal growth among youth basketball players lies at the heart of Coach Nicholas's coaching mission. His coaching philosophy is rooted in core values such as self-respect, respect for others, dedication, determination, and the cultivation of self-confidence. These principles are seamlessly integrated into his coaching approach, which emphasizes open communication, approachability, and mutual respect.

Coach Nicholas promotes team cohesion through off-court activities, including volunteering at local food banks, which help build empathy and unity among players. He maintains transparent and inclusive communication with parents, encouraging their involvement in various aspects of team functioning.

As Precision Heat's head coach, Coach Nicholas motivates his players to embrace discomfort as a pathway to growth. He designs practices that replicate game scenarios to ensure high levels of competition and readiness. Furthermore, he is dedicated to ensuring that every player understands their role and feels integral to the team's success.

## **Coaching accomplishments**

2021 – 1st place 8<sup>th</sup> Annual Stacey Dales Invitational U14 AAA  
2022 – 1st place Hoops 4 Hunger Tournament (Brockville) U15 AAA  
2022 – 2nd place Ontario Cup Provincial Championships U15 AAA  
2023 – 2nd place Cornwall Invitational Basketball Tournament U16 AAA  
2023 – 2nd place Eastern Ontario Basketball Regional Championship U16 AAA  
2023 – 2nd place Ontario Cup Provincial Championships U16  
2023 – 1st place Tournoi Provincial Du Phenix U17 AAA  
2024 – 1st place 2<sup>nd</sup> Annual Mike Suys Memorial Tournament U17 AAA  
2024 – 1st place Ontario Cup Provincial Championships U17  
2024 – 1st place Tournoi Provincial Du Phenix U15 AA  
2025 – 1st place 3<sup>rd</sup> Annual Mike Suys Memorial Tournament U15 AA  
2025 – 1st place Ontario Cup Provincial Championships U15