



Coach Ron Jacobs

ASSISTANT COACH.

I was born in Jamaica and immigrated to Canada at the age of seven. Around that time, I discovered my passion for basketball, which quickly became a central part of my life. As a naturally athletic individual, I actively participated in a variety of sports including volleyball, track and field, and lacrosse.

However, basketball stood out for the joy and excitement it consistently brought me, leading me to dedicate more time and energy to the sport.

Basketball History

Over the years, I've had the privilege of competing at various levels, including internationally. As a member of the Canadian Armed Forces, I was selected to join the CISM Men's Basketball Team, the national team representing Canada in tournaments across the globe.

I competed against teams from countries such as Lithuania, the United States, France, and Germany. One of the highlights of my basketball career was representing Canada at the 2016 World Military Games—an event akin to the Olympics, bringing together military athletes from around the world.

While I continue to play, my focus has increasingly shifted toward coaching. Through my experiences on the court, I've developed a deep appreciation for mentoring and sharing my knowledge of the game. Over the past several years, I've had the pleasure of coaching and developing boys' teams ranging from U14 to U18. With basketball rapidly growing in Ottawa, I remain committed to playing, training, and fostering development—both in myself and in those around me.

Coaching accomplishments

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 2nd 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 3rd Annual Mike Suys Memorial Tournament U15 AA

2025 - 1st place Ontario Cup Provincial Championships U15