

## Winter (Dec. – Feb.)

- ❖ Shooting Tune – Up  
or
- ❖ Dribbling/Agility  
or
- ❖ Winter Games  
(If offered in age group)  
Each additional Class is \$50

## Level 1

### 2010 Training Focus

- ✓ Shooting
- ✓ Offensive Footwork
- ✓ Dribbling
- ✓ Quickness/Agility (Athleticism)

### Development Philosophy

- ✓ **Evaluation (CSE)**
- ✓ **Recommendation**  
(Specific workouts to improve key areas)
- ✓ **Placement**  
(Put in classes that focus on players needs)

Ages Eligible  
5<sup>th</sup> – 12<sup>th</sup> Grade

### Costs

**\$95 Deposit** (Due at Sign-Up)

**\$50 Per Month from January – November**

## Summer (June-August)

- ❖ **Skills Choice**  
(Sunday Classes)  
**Dates (8 Sessions)**  
June 13<sup>th</sup> - August 8<sup>th</sup>  
(Skip July 4<sup>th</sup>)  
\*(May have Saturday Options)
- ❖ **Any 1 Summer Camp for only \$95**

### August

- ✓ Comprehensive Skill Evaluation (**CSE**)

## Spring (March – June)

### End of March

- ✓ Comprehensive Skill Evaluation (**CSE**)
- ❖ **Spring 5v5 Games**  
Starts: March 27<sup>th</sup>/28<sup>th</sup>  
Ends : June 5<sup>th</sup>/6<sup>th</sup>

or

### 1 Skill Option

#### Skill Options

1. Dribbling/Agility
2. Shooting

## Fall (Sept. – Nov.)

- ❖ **Fall 5v5/Skill Factory**  
Dates (10 Weeks)  
Starts: September 6<sup>th</sup>/7<sup>th</sup>  
Ends: November 10<sup>th</sup>/11<sup>th</sup>

Or

### 1 Skill Option

#### Skill Options

1. Dribbling/Agility
2. Shooting
3. Strength

## AAU Extra Cost: \$275 (Due in Spring)

(This cost is charged to any player who gets a spot on an Athletics AAU team. This entitles players to 1 AAU team practice per week and 4-5 AAU tournaments.)