

Winter (Dec. – Feb.)

- ❖ Shooting Tune – Up
Or
- ❖ Dribbling/Agility
Or
- ❖ Winter Games
(If offered in age group)
*Each Additional class is \$50

Spring (April – June)

- ✓ End of March
Comprehensive Skill
Evaluation (CSE)
- ❖ Spring Prep Camp
(2 day Shooting/Dribbling/Agility)
- 1. Spring 5v5 Games
(Starts March 27th/28th,
Ends June 5th/6th)
- 2. Choice of Skill Option
& Strength (shooting,
dribbling, agility,
strength)
- 3. Position Workshop
(pg, post, wing) 2hour
- ❖ Defensive Workshop w/
Ken Richter 2hour

Level 2

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
7th – 12th Grade

Costs

\$150 Deposit

**\$65 Per Month
from January –
November**

Summer (June-August)

1. Skill Choice
(Sunday Classes)
Dates (8 Sessions)
June 13th - August 8th
(Skip July 4th)
*(May have Saturday Options)
2. 1 Summer Camp Selection
- ❖ Position Workshop
(PG, Post, Wing) – 2hour
August
- ✓ Comprehensive Skill
Evaluation (CSE)

Fall (Sept. – Nov.)

1. Fall 5v5/Skill Factory
(Starts Sept. 6th/7th,
Ends Nov. 10th/11th)
Pick 2 out of 3
2. Shooting/Off. Footwork
3. Dribbling/Agility
- ❖ 2 Position Workshop
(PG, Post, Wing) 2hour
- ❖ Extra Strength
- ❖ Defensive Workshop
w/ Ken Richter 2hour

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.)