

Spring 'CORE CHALLENGE' Program

Spring Challenge Features

- ✓ 1v1 , 3v3, & 5v5 Competitive Play teaching confidence on Offense and Defensive Fundamentals
- ✓ Core Skill Workout focusing on first step quickness, & quickness/agility
- ✓ Transition dribbling & shooting emphasis
- ✓ Players will get pushed by competition and professional coaching
- ✓ Chance for players to get a strong dose of each part of the game

✓ This 75min workout is power packed and effective

Sundays

Total Number of Weeks: 9 weeks (**Start Date:** April 1st **End Dates:** June 3rd No Class April 8th)

Harrisburg Christian School (2000 Blue Mountain Parkway Harrisburg, PA 17112)

Advanced Training Center (6003 Jonestown Road Harrisburg, PA 17112)

#	Group (Grade)	Class	Time	Location
1	Girls (5 th /6 th)	Core Challenge	1:00 – 2:15pm	HCS
2	Boys (5 th /6 th)	Core Challenge	2:15 – 3:30pm	HCS
3	Girls (7 th /8 th)	Core Challenge	3:30 – 4:45pm	HCS
4	Boys (7 th /8 th)	Core Challenge	5:45 – 7:00pm	HCS
5	Girls (9 th /10 th)	Core Challenge	1:00 – 2:15pm	ATC
6	Boys (9 th /10 th)	Core Challenge	2:15 – 3:30pm	ATC
7	Girls (11 th /12 th)	Core Challenge	3:30 – 4:45pm	ATC
8	Boys (11 th /12 th)	Core Challenge	5:45 – 7:00pm	ATC

Spring Skill "Level" Classes

#	Group (Grade)	Class	Time	Location	Instructor
D1	Level I	Dribbling & Agility	4:45 – 5:45pm	HCS	Gerald Jarmon
D2	Level II	Dribbling & Agility	7:00 – 8:00pm	HCS	Gerald Jarmon
D3	Level III	Dribbling & Agility	8:00 – 9:00pm	HCS	Gerald Jarmon
S1	Level III	Shooting	4:45 – 5:45pm	ATC	Charlie Fortney
S2	Level I	Shooting	7:00 – 8:00pm	ATC	Charlie Fortney
S3	Level II	Shooting	8:00 – 9:00pm	ATC	Charlie Fortney
S4	Level I (Tuesdays)	Shooting	4:00 – 5:00pm	ATC	Charlie Fortney
S5	Level II & III (Wednesdays)	Shooting	4:00 – 5:00pm	ATC	Charlie Fortney

Skill "Level" Descriptions

Shooting & Offensive Footwork

Level I Shooting - Designed for players who are still working on building a shooting foundation (5th-8th grade range.) Training is designed to breakdown the fundamentals. This is done with constant repetition with strong emphasis on stationary shooting technique. 1 handed balance is emphasized teaching players to appropriate their weight evenly. As players progress, they will be introduced to various types of shooting drills to prepare for game situations.

Level II Shooting – Designed for players in 7th-12th grade who have trained with Charlie Fortney for at least 1 year or have immediately demonstrated a solid shooting form with good accuracy. Training is designed to quickly review the fundamental components while getting the players shooting at a game speed pace. This will cover shooting on the move, off the dribble, etc. Instruction will tweak the players as needed but a thorough breakdown is not necessary.

Level III Shooting - Invite only class for players in 9th -12th grade. Players recommended for training are fundamentally sound in their shooting mechanics. Training will emphasize a combination of drills mirroring game situations. Flare shooting, transition pull-ups, off the dribble technique, coming off screens for shots and more. Players will also be taught the mental aspect of shooting the ball and the technique of getting open. A quick shooting release is emphasized preparing kids to play at a high High School or Collegiate Level.

Advanced Dribbling & Agility

Level I Dribbling – Emphasis on building a solid dribbling foundation with both hands (5th-8th grade range). Designed to breakdown the fundamentals of dribbling. This is done through constant repetition with a strong emphasis on stationary ball handling. An emphasis will be placed on: 1. Seeing the Floor 2. Staying low and maintaining control of the ball. As players progress, they will be introduced to various types of one and two ball drills to increase comfort level with the ball.

Level II Dribbling – Designed for players in 7th – 12th grade who have trained with Gerald Jarmon for at least 1 year or have immediately demonstrated solid dribbling technique and control. This level of training is designed to quickly review the fundamental components of dribbling while also getting players to move at game speed. Game speed dribbling will cover dribbling on the move and handling the ball on the fast break.

Level III Dribbling – Invite only for players in 9th – 12th grade. Training will emphasize a combination of drills that will simulate game situations. Handling the ball against pressure, getting the ball in the right place to run the offense, developing go-to moves to create space and shooting off the dribble are points of emphasis. An emphasis on the mental aspect that goes with becoming a great ball handler. As a polished ball handler, one must be comfortable enough with the ball to get it where it needs to go in terms of running the offense without allowing the defense to push him/her where they don't want to go. This level is designed to prepare kids to play at the High School or Collegiate level.

Program Options and Costs

Option #1 Spring Core Challenge
\$275 (9 Weeks)

Option #2 "Double Team" Package
\$300 9 Weeks
1. Spring Core Challenge
& **Choose 1 Hour Skill Class**
* Advanced Dribbling & Agility
* Shooting & Offensive Footwork

Option #3 "Triple Threat" Package
\$325 9 weeks
1. Spring Core Challenge
2. Receive both Advanced
Dribbling / Agility Class, and Shooting/Offensive
Footwork Class

COACHES BIO'S



About Charlie Fortney: A former division 1 player and professional athlete, Charlie highlighted his playing background with a great ability to shoot with precision, quickness and accuracy. Charlie has worked one-on-one with college and professional athletes to enhance shooting, and his critique and instructions yield positive results.



About Gerald Jarmon: A former starting point guard for the University of Richmond, Gerald has toured several countries with a semi-professional team. Gerald has coached at the college and high school levels, and has been training young athletes for over 10 years. Advanced Hoops is proud to have him on staff.

Other ADVANCED HOOPS Staff:

Ben Dudek **Bob Felker**
Ken Richter **Stan Bielawa**
Jerry Stokes **Lenny Davis**

Locations

Advanced Training Center

ATC: 6003 Jonestown Rd.
Harrisburg, PA 17112

Harrisburg Christian School

HCS: 2000 Blue Mountain Parkway
Harrisburg, PA 17112

Register NOW
657-2620 or online @

**Spring
Program
2012**

"Core Challenge" Program

**Shooting & Offensive Footwork
w/ Charlie**

**Advanced Dribbling & Agility
w/ Gerald**