

Year Round Program 2012

Specialized Training with Professional Coaches

- **Shooting & Offensive Footwork w/ Charlie Fortney**

Level I - Players looking to build confidence & Shooting foundation

Level II - Primarily 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

Level III - invite only class for players in 9th -12th grade. Players recommended for training are fundamentally Sound in their shooting mechanics

- **Full Time Strength Training**

Explosive Sports Performance w/ Dave Brixius

- **Dribbling & Advanced Skills w/ Gerald Jarmon**

Level I - This class is for players who are still working on building a solid dribbling foundation with both hands (5th-8th grade range)

Level II - Primarily 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

Level III - This class is an invite only for players in 9th – 12th grade. Training will emphasize a combination of drills that will simulate game situations.

- **Speed, Agility, & Quikness**

Dave Brixius (Boys), Carolyn Fortney (Girls)

- **Explosive Jumping w/ Dave Brixius**

AAU Cost - \$350 (If part of Year Round Program)

“BASIC”

1 Class Per Week – Each Season

Winter (Dec. – Feb.)

- **Option of 1 Skills Class**

1. Shooting TUNE – Up

OR

2. Winter Dribbling Skills

- **Christmas Clinic** (Shooting OR Dribbling)

SPRING (March – June)

- **Pre Spring Evaluations** – Players will be evaluated and Placed into appropriate skill levels
- **Spring Skill Class** – Level I, II or III depending on Level placement from Evaluations
Options: Shooting OR Dribbling

SUMMER (June – August)

- **1 Summer Camp Selection**
- **Position & Defensive Clinics**

FALL (Sept – Nov)

- **Option of 1 Class**
1. Fall 5v5
or 2. Level Skill Class

“EXTRA”

1 Extra Class Per Week – Each Season

Winter (Dec. – Feb.)

- **Option of 1 Skills Class**

1. Shooting TUNE – Up

OR

2. Winter Dribbling Skills

- **Christmas Clinic** (Shooting OR Dribbling; 3 Classes)

SPRING (March – June)

- **Pre Spring Evaluations** – Players will be evaluated and Placed into appropriate skill levels
- **Spring Skill Class** – Level I, II or III depending on Level placement from Evaluations
Options: Shooting OR Dribbling
- **Spring Games** – Sundays (April 1 – June 3rd)

SUMMER (June – August)

- **Sunday Skill Choice**
Dates: June 12th – August 6th
- **1 Summer Camp Selection**
- **Position & Defensive Clinics** (August 13 & 20)

FALL (Sept – Nov)

- **2 Classes**
1. Fall 5v5 Program
and 2. Level Skill Class

COSTS

“BASIC”

\$95 Deposit
\$55 Per Month
from January –
November

“EXTRA”

\$150 Deposit
\$65 Per Month
from January –
November