

BASKETBALL COMBINE TRAINING



- **Location: Rochester YMCA**
 - 709 1st Ave SW
- **Sessions: Sept. 6 – Oct. 25 (8 weeks)**
 - Skills Grades 3-5: 12:30 – 2:00 pm
 - Skills Grades 6-8: 2:00 – 3:30 pm
 - Skills Grades 9-12: 3:30-5:00 pm

➤ Cost

Skills Sessions

1 Session : \$30.00	5 Sessions: \$105.00
2 Sessions: \$50.00	6 Sessions: \$120.00
3 Sessions: \$70.00	7 Sessions: \$135.00
4 Sessions: \$90.00	8 Sessions: \$150.00

Benefits of registering:

- Structured environment for skill development
- Group setting with individual attention to influence progression
- Training in shooting, dribbling, defense, basketball IQ and much more

Who conducts these sessions?

Each session is lead by Korey Harris a nationally renowned basketball trainer & David Norris II, SMA's Head Trainer & former NCAA Division I and II athlete.

Limited space per session, sign-up a friend both receive 10% discount! Registration will close once full. For more info, call 507-269-0525, or visit www.smacademy.org



FIRST SESSION! Sunday, Sept. 6th

Choose the days that best fit your schedule.

Performance Training Sessions

- These sessions include training in areas such as speed, agility & explosion.
- Evaluation Services
- Six basketball games

