

Prepare for the upcoming season!

FALL SKILLS ACADEMY



FALL SKILLS ACADEMY & Performance Training INFO:

- Sunday single (1) or double-(2) sessions offered!
- Choose the days that work best for your schedule!
- Add Performance Training for comprehensive program! Boys & Girls!
- Up to 8 total 75-minute individual skills sessions available!

+ NEW FEATURE (Team Skills + Performance Training)!!

Up to 8 total 45-minute team skills (2-on-2, 3-on-3, 4-on-4, 5-on-5) sessions + Performance Training available!

❖ **Location: Monticello HS**

❖ **EIGHT (8) SUNDAYS AVAILABLE (September 10 - October 29)**

- Individual Skills Training (All grades): 2:00 - 3:15 pm
- Team Skills & Performance Training (Grds 5 - 12): 3:30 - 4:15 pm

❖ **Cost: Ranging from \$13-\$30/session!**

TEAM SKILLS combined with PERFORMANCE TRAINING SESSIONS (immediately following skills training):

- Performance Training includes speed, agility, conditioning, balance & strength (combined with skills sessions, performance training maximizes results)
- Conducted by VABA's Sports Performance Director, Chad Powlovich!

FUN, DYNAMIC, PRODUCTIVE BASKETBALL INSTRUCTION!

Limited space, so sign-up today! 60-max / Separated into Small Groups!

For more info, visit www.PlayVABA.org!

