



# 2020 PROGRAM 2020 GUIDE



CHICAGOLAND.M14HOOPS.COM



# WELCOME TO THE EXPERIENCE

Dear Valued Clients,

This company has grown for one reason...you. No matter if you are reading this as a player or a parent, this company would be no where without you.

Players involved with this company have demonstrated the right approach to the game of basketball. They listen, apply what they have learned, have correct behavior on and off the court and represent M14Hoops extremely well. Our parents have opened up their personal networking systems, passed out flyers, forwarded emails and shown support in every way possible. For that, I humbly say thank you. We will continue to show our appreciation through our work ethic and passion to teach the game the right way.



I love the game of basketball, and it has taught me so much. The foundation of this company is rooted in my personal approach as a former athlete: get better every day... stay humble because it could all be gone tomorrow...set unobtainable goals, then achieve them ... and don't ever get so good that you aren't open to new ideas and ways to improve yourself. I promise this company will stay rooted in quality. We will continue to research and learn to keep our philosophies on the cutting edge and up to date. We will constantly find new ways to mentor and teach young athletes how to let this game of basketball be a vehicle to take them where they want to go. Not everyone will become a professional basketball player, but through M14Hoops, all will have the opportunity to excel on and off the court. Our goal will always be to demonstrate how a ball and a hoop can teach these athletes the values needed to be successful when their playing days are over.

**Matt Miller**  
**Owner & Founder**

# TABLE OF CONTENTS

<b>M14 STRENGTH</b>	11
S.A.E.P. Program Overview	12
TEAM TRAINING	13
SHOOTING MACHINE RENTAL	14
BASKETBALL CLINICS	15
<b>SPRING PROGRAM INFORMATION (March – May)</b>	17
Spring Academy Training Program (A.T.P.)	18
Spring A.T.P Placement Day	19
Spring Academy Teams	20
Spring Academy Team Tryouts	21
First Step	22
Sunday Night Shooting	23
Spring Break Camp	24
<b>SUMMER PROGRAM INFORMATION (June – July)</b>	25
First Step	26
Summer Shooting Program	27
Summer Night Training	28
Summer League	29
Summer Basketball Camps	32
Summer Performance Camps	35
First Step: The Camp	36
<b>FALL PROGRAM INFORMATION (August – October)</b>	37
Fall Academy Training Program (A.T.P.) & Placement Day	38
First Step	41
AAU Teams & Tryouts	42
Sunday Skillz	44
<b>WINTER PROGRAM INFORMATION (November – February)</b>	45
Winter Academy Teams & Tryouts	46
First Step: The League	48
Winter Overtime	49
Winter RapidFire	50
Underdog Academy	51
Holiday Skillz Camps	52
Fitness Center	53



# OUR STORY

M14Hoops was founded on September 23rd, 2009 by Matt Miller. Miller grew up in Aurora, IL and played basketball collegiately and professionally before starting the brand. The company was founded on the principles of hard work, dedication, teamwork and dreaming big! With operations officially beginning in April of 2010, the company quickly gained popularity within the Western Suburbs of Chicago. M14 offered private instruction, camps and was the only basketball skill development company around.

*"In those early days, I didn't have a clue about business. I just wanted to help each player I came in contact with get better. It was an obsession. I constantly studied the game of basketball, athletic movements, communication and tried to perfect my craft to the best of my ability. I don't think I had a social life at all for the first 5 years we were in operation." – Matt Miller*

By 2014, M14Hoops was the #1 company for player development in the western suburbs. The company had grown to servicing over 500 clients annually. They were renting facilities throughout Chicagoland and had hired their first two full time employees, which was a major step in ensuring quality in all their programs.

*"Coach Nick and Coach Bobby have been at M14Hoops since day one. I don't know how or why those guys stuck around because at the time I couldn't pay very much. They believed in me and the vision of the brand, and we would not be anywhere near where we are today without their dedication and loyalty. Two of the best guys in the business." – Matt Miller*

During that same year, Matt realized his growth could potentially cause a problem. A close friend advised Matt to take a step back and look at the business as a whole. It was then that Matt's passion for understanding how to run a business ignited. He did not want to lose the essence of the company, but knew in order to cement the brand long term he would have to educate himself as well as seek outside guidance.

*"People ask me all the time if this was my plan, and I tell them every time 'no'. I literally didn't think about anything but my players and their development. I never wanted to lose the 'feel' of the brand through our growth so I took some great advice and started to write down everything I did with players. No detail was too small so I created manuals to document them. It's crazy to say but I think we now have over 10 manuals on how to develop players that we use to train our staff with." – Matt Miller*

With a great reputation and potential, Matt came up with an 'out the box' expansion plan:

In 2015, M14Hoops Indianapolis was started and at the same time Matt was invited to present his vision at the Fox Valley Entrepreneur Center. The FVEC is a small business accelerator program where 2 businesses are selected each year to receive business guidance from some of the areas best business minds. Matt's 'ask' from the board was help in building his own basketball facility. He felt strongly about his growth, community impact and wanted assistance in the loan process, land acquisition, as well as building the physical structure. Matt was accepted and the assistance was provided. On September 11, 2017, M14Hoops officially broke ground on their very own basketball facility.

*"That was an incredible moment, not just for me but for my staff and the basketball community as a whole. The facility has given us a chance to help players turn their dreams into reality but more so, it has allowed us to positively effect society by leading, guiding and mentoring young people through some of the most influential years of their lives." – Matt Miller*

With the facility officially opening August 28, 2018, M14Hoops increased their ability to develop basketball players by starting teams as well as offering speed, agility and strength training. The facility is a one-stop shop for development. Less than a year later, they broke ground again and expanded the original 39,200 sqft 4-court facility to a 53,000 sqft 6-court facility. M14 Chicagoland now has a staff of over 20 employees and serves over 3,000 players annually. M14 Indy has become the fastest growing training organization in the state following the exact path of M14 Chicagoland. Indianapolis now employees full time staff and trains over 100 players each season.

M14Hoops has been in business for over 10 years. Approximately 97% of players who train with M14 make the high school team. The M14 Girls AAU teams are part of the prestigious BlueStar Travel Team circuit and the M14 Boys AAU teams are part of the distinguished NY2LA Sports Association. They have helped save families over \$7 million in scholarship money.

*"What a privilege and honor it is to be in service. The staff we have is second to none. They show up every day ready to work and their passion is felt throughout the building and other locations. M14 families have done an outstanding job respecting the facility and brand on and off the court. Youth sports can be a crazy world to navigate and I am extremely proud of how our staff, players and parents show leadership in the basketball community. I cannot say 'thank you' enough. This brand has allowed me to help turn dreams into reality and find my purpose." – Matt Miller*





# MEET THE STAFF

## **BOBBY CATCHINGS** **GENERAL MANAGER**

Bobby Catchings graduated from Neuqua Valley High School in Naperville where was an Upstate Eight Unanimous All-Conference player and the Daily Herald Player of the Year. He then attended Eastern Illinois where he was a 4-year starter. After college, Catchings pursued his professional career in Spain's LEB league with Basquet Coruna as well as NBA team tryouts and workouts with the Dallas Mavericks and Chicago Bulls. Coach Bobby has been with M14 since the company began. He knows the difference M14 can make in a player's career and is very excited about the new M14 Facility.



*"Preparation is key. Every player on every team will have an opportunity sooner or later. Whether they are prepared for that opportunity is a different story. I am very excited to help each player prepare themselves for their opportunity!"*

## **ANDREW GALOW**

### **DIRECTOR OF PROGRAMS & DIRECTOR OF TEAM M-XIV BOYS**

Born and Raised in Oswego, Illinois, Andrew played high school basketball at Oswego High School for head coach Kevin Schnable. There, he placed 2nd in Class 3A IHSA state playoffs in 2009, amassed over 1,000 points, and has the record for the most assists in a single season. He attended Rhodes College in Memphis, TN from 2009-2013. During his college years, he trained with M14Hoops to take his ability to the next level. He started at Point Guard for all four years under head coach Mike DeGeorge. He totaled over 1,000 points at Rhodes College and ended his senior year playing in the Division 3 National All Star game in Salem, VA. Since finishing his career playing basketball, Coach Galow was the assistant

coach at his alma mater, Rhodes College for a season before going overseas to Argentina to pursue teaching and basketball. Since then, he has been an assistant coach for Oswego's varsity and sophomore basketball teams. Andrew is head of the Private/Team Instruction department for M14Hoops as well as one of the Court Leaders for the program. He strives to help young student athletes and hopes they can use basketball as a means to see the world.



*"The game of basketball has been a vehicle for me all around the world. I have been fortunate enough to see the game through many different perspectives and I am eager to share those ideas with young student-athletes through M14Hoops."*

## **RYAN HAUN**

### **ASST. DIRECTOR OF PROGRAMS & DIRECTOR OF TEAM M-XIV GIRLS**

Ryan Haun grew up in the small town of Granville, IL. He played high school basketball at Putnam County before committing to play collegiately for legendary head coach Pat Sullivan at the University of St. Francis in Joliet, IL. Coach Ryan started coaching boys basketball at Joliet Catholic Academy while finishing up his undergraduate degree. By the age of 24, he was named the Head Women's Basketball Coach at his alma mater, the University of St. Francis. After two strong seasons as a collegiate head coach, Coach Ryan decided to follow his passion to coaching youth sports. In 2013, he founded a girls basketball club called The Truth Basketball based out of West Chicago, IL. After six very successful years running The Truth, Coach Ryan decided to join Team M14 to be a part of a collaborative effort to raise the standard of youth basketball in the Chicagoland area.



*"I am thankful for the opportunity to join Team M14. M14Hoops truly cares about the development of players and is setting a new standard for youth basketball. The depth of programming offered by M14Hoops is second-to-none. The state-of-the-art facility is an incredible place for Chicagoland players to call home. I am excited for the opportunity to help young players achieve their dreams!"*



# MEET THE STAFF

## **KIM CLARKE**

### **DIRECTOR OF BASKETBALL OPERATIONS**

Kim played 4 years of collegiate basketball, graduating from Aurora University with a degree in Biology, Team Captain, and First Team All Conference honors. From there she started coaching as an assistant basketball coach at North Central College and Luther College. She received her Masters in Leadership and moved careers over to youth sports. She directed the Y Sports Complex in Naperville for years and has helped run several basketball camps for various youth, high school, and collegiate programs. Before coming to M14Hoops, Kim has been involved in coaching travel basketball for the past 6 years and youth sports for over 9 years.



*"I am excited to be part of the M14Hoops team! I have always had a passion for youth sports and M14Hoops gives me the perfect opportunity to work in an industry I love the most and for a program I believe has the #1 system to make players better. M14Hoops provides the best platform to develop youth athletes in the Chicagoland area. You can't find this high level training and pure love for the game anywhere else."*

## **JAKE WOSICK, MBA, CSCS, USAW, ELDOA**

### **HEAD OF STRENGTH & DEVELOPMENT COACH**

Holding a Bachelor's in Exercise Science from Western Michigan University and a MBA from Lincoln Memorial University (Graduate Assistant Strength and Conditioning Coach), Jake brings many years of experience working with athletes. He started his career as a student volunteer at Saint Viator High School in Arlington Heights, IL where he later served as Interim Head Strength & Conditioning Coach and Assistant Strength & Conditioning Coach. He's held internships at Northwestern University and the University of North Carolina at Chapel Hill, working with Basketball and Olympic sports. Before coming to M14, Jake served as an Assistant Strength and Conditioning Coach at the University of North Carolina at Chapel Hill.



*"I am very excited for the challenge ahead at M14Hoops. Strength and Conditioning is an essential aspect of developing a great athlete and I am eager to use my experience to help these athletes reach their goals."*

## **PATRICE COKLEY, MBA**

### **MARKETING DIRECTOR**

A Detroit native, Patrice comes to M14Hoops with a wealth of knowledge and experience in Marketing; ranging from Brand Development & Management, Social Media, Web & Graphic Design, and Strategy. An entrepreneur at heart with a passion for music, she started her Marketing career by working with music business professionals and creatives as a consultant for over 10 years. With her most notable client being Mathew Knowles (*Destiny's Child, Beyoncé, Solange*), her work has been seen in/on many national media outlets including *PEOPLE, BBC, Billboard, VIBE, iHeartRadio, Entertainment Tonight*, and many more.

Patrice played basketball (center) all 4 years of middle school and 1 year in high school. She later went on to college and obtained a BS from Wayne State University (Detroit) and a MBA from Kaplan University, both in Marketing. Patrice has also taught (and mentored) Marketing at the collegiate level for 4 years, and is a Brand Ambassador for Lugz footwear.



*"When I first learned of M14Hoops, I immediately fell in love with the entrepreneurial history of the company. I admire and can relate to their focus on quality and passion for developing the youth. I'm excited to build greater awareness of M14Hoops' brand and programming to help young players break boundaries by discovering their highest potential and relentlessly pursuing their dreams."*





## **VISION STATEMENT**

A world where youth of all ages honor and respect their dreams. Our vision is to inspire players to recognize that the dreams they map out in the margins of their school notebooks or in a text they send to their best friend, mean something.

**We say:**

**BELIEVE IN YOURSELF.**

**BE BOLD.**

**BREAK BOUNDARIES.**

# AT M14HOOPS PARENTS ARE OUR ALLIES

Clients of M14Hoops are parents who want the best for their children. They range from type-A parents who demand the best training for maximum success to laid back parents who want a positive environment for their athlete.

Without question, one shared attribute of the Allies is that they want their child to be better and to be part of a high quality program. They define success by looking at a program's values, approach, learning opportunities for life lessons, and coaching expertise.

At M14Hoops, we are a melting pot of families who quickly become part of our community. You'll see cars of every kind in our parking lot. Many of the Allies are simply hard-working people. Sports is the great equalizer that gives all players an opportunity to reach their greatest potential.

We coach elementary school children into high school athletes. The Allies expect greater responsibility on the player with each year that goes by. That's OK with us. Teaching accountability and the life lessons necessary to succeed is why we exist.





# WHAT MAKES US DIFFERENT

## REPEATABLE PERFORMANCE

Our programs have substance -- they are not coach-driven, they are M14-driven with core processes and coaching manuals to shape the whole player so they get better at the awesome game of basketball. The right drills, the right responsive movements, and the right training translates into consistent, repeatable, proven performance.

## 3-WAY ACCOUNTABILITY

We shape the whole player by looking at his or her talents, goals and dreams. We focus on individual development, positive attitude, leadership skills, and teamwork -- and then create a 3-way accountability system between player, parent and coach.

## NO POLITICAL AGENDA

We believe in, discuss, explore, and practice 3 core values in every single program we offer: respect, integrity and transparency. We are equitable decision-makers for each and every player.

## EVIDENCE-BASED APPROACH TO BASKETBALL PROGRAMMING

We've studied basketball systems worldwide in France, Italy, England, Africa and regions of the United States. We know the skills that MOVE PLAYERS ALONG and shape them as a whole player.

M14Hoops is proud to have a full time  
**Athletico Trainer** onsite during all  
M14Hoops Programs.



***ATHLETICO***

***PHYSICAL THERAPY***

***Better for every body.®***

Our certified athletic trainers (ATs) are highly skilled health professionals who work under a physician's direction to provide optimal healthcare for athletes. They know how to help you reduce the risk of injuries, provide care for a sudden injury and guide the entire course of your recovery. All of our ATs are licensed professionals whose education includes specialized training in human anatomy and physiology. Based on these qualifications, as well as the specific regulations to practice athletic training in many states, the AT is the most qualified individual, other than a physician, to manage high school and youth athletes' injuries on a daily basis.

By working with our ATs, everyone involved in the continuum of care of student-athletes, from physicians to coaches to administrators and parents, can feel confident that a professional is caring for the health and safety of young women and men. Having a licensed AT available for emergency situations ensures athletes receive the highest standards of care when they need it.





# PREPARE. PERFORM. PREVAIL.

## M14 STRENGTH OFFERS THE PERFECT SET UP FOR PERFORMANCE TRAINING

Our strength staff specializes in speed, agility, explosiveness, strength and power training for youth, high school and collegiate athletes.

Nutrition and injury prevention are two of the critical components of development that our staff also emphasizes.

## WEIGHT ROOM PROGRAMS OFFERED:

### YEAR ROUND INDIVIDUAL SESSIONS

- 1 hour sessions with a m14hoops certified trainer
- Customized plan tailored to players' strengths and weaknesses
- Private lesson done on appointment basis



### GROUP CLASSES (S.A.E.P.)

- Monthly or seasonal packages offered
- 1 hour sessions with a m14hoops certified trainer
- Athletes can enroll monthly or for the entire season
- Appropriate 10:1 player-coach ration





# **SPEED AGILITY EXPLOSIVE POWER**

## **What is S.A.E.P.?**

No matter the age, all players need to get faster, increase lateral quickness, jump higher and get stronger. All of these movements require usage of all major muscle areas like legs, hips, and shoulders. These muscles need to be developed so that athletes are capable of performing these movements repeatedly without harm or injury. The major injuries seen in basketball are to the ankles, knees, shoulders, and hands. Typically, boys see more injuries to their feet/ankles, lower back and upper extremity: While girls see the same injuries as boys, but they are far more susceptible to knee injuries. By developing these areas through resistance, speed, and agility programs we will be better able to protect each athlete on and off the court. Our programs will look to address these areas by training the muscles around these joints, ligaments, and tendons so our athletes develop a full range of motion. This will make sure the athletes are prepared and capable of performing all movements necessary for the sport of basketball.

## **Tracking Results**

The first day of our S.A.E.P. class players will be evaluated and tested. This will give a baseline understanding of each athlete. At the end of the season we will re-test all athletes that completed the entire season. Similarly to on the court, physical training results take time and dedication. Testing our athletes seasonally will allow the proper amount of time so they can see positive results. We do assign exercises for players to do while they are not at the facility as well.

## **Is this just for M14 Basketball Players?**

NO! Any athlete interested can participate in our classes. While our strength program is housed in the same facility as the M14 basketball program, it is open to athletes who do not train at M14Hoops for basketball.

## **CLASS STRUCTURE**

Working out in a group is a great way for athletes to compete and also learn teamwork!

The group class is offered for players: Fall (12wks) , Winter (16wks) and Spring (12wks).

Classes are broken down by grade level and gender.

SAEP 1 is for all 4th-6th grade boys and girls.

SAEP 2 is for all 7th and 8th grade boys and girls.

SAEP 3 is for all high school boys and girls.

We keep a 10-1 player to coach ratio in all group classes.

**FOR COMPLETE PROGRAMMING, PICK UP A M14  
STRENGTH PROGRAM GUIDE AT THE FRONT DESK  
OF OUR FACILITY OR VISIT OUR WEBSITE**





# TEAM TRAINING



M14Hoops provides team training to the Greater Chicagoland area travel and feeder teams. Our instruction is the perfect jolt to help coaches get their teams on fire! All of our trainers are experts with extensive experience in playing and teaching basketball.

This program has helped dozens of teams prepare for weekend games while also still addressing individual players skill. Our dynamic style of training helps teams improve their in-game IQ. Team training also offers expanding each players ball handling skills, shooting, defense and footwork. We will do motion drill break down and provide many examples. The combination of our high energy and knowledge lets us cover a lot of ground. Before our team training begins, we always make sure to speak with the Coach(s) to ensure we are working on the correct drills and concepts to help that specific team.

We teach by example and motivate through enthusiasm and love for the game. All team training is done on appointment basis only. Trainers are assigned to teams and we come to the team's practice facility or teams can train at our new facility! This makes it convenient for the team and much easier to coordinate for the basketball coach.

## TEAM TRAINING FEES:

*(All fees cover 1 M14Hoops Certified Trainer)  
Teams must have at least 8 players in attendance*

**1 Hour - \$150**

**90 Minutes - \$225**

**2 Hours - \$300**

**FOR MORE INFORMATION CONTACT COACH ANDREW, [AGALOW@M14HOOPS.COM](mailto:AGALOW@M14HOOPS.COM)**

# M14HOOPS SHOOTING MACHINE RENTAL

**LOOKING TO IMPROVE YOUR SHOT?**

**WE HAVE FOUR DR. DISH SHOOTING MACHINES AVAILABLE TO RENT.**

- Rentals are scheduled at
- 1-hour blocks and do not include a trainer
- This is for players only. We do not allow outside shooting coaches in the facility.
- Rentals are scheduled on appointment basis
- Players need to bring their own basketball.
- Players do not have to train with M14 to rent the shooting machine.
- Groups are allowed at the same price.
- Hours available daily!



**FEES:**

**\$35 / hour**

**10-pack for \$300**

For more information contact  
Kim Clarke to set up your rental today!

Email: [kclarke@m14hoops.com](mailto:kclarke@m14hoops.com)

Phone: 331.281.0192

# BASKETBALL CLINICS

WHAT BETTER WAY TO SPEND A DAY OFF FROM SCHOOL THAN IN THE GYM!

Our clinics are great for athletes who want to stay sharp during break.



JANUARY 20, 2020

9:00AM-12:00PM • \$35

REGISTRATION OPENS JANUARY 6, 2020



FEBRUARY 17, 2020

9:00AM-12:00PM • \$35

REGISTRATION OPENS FEBRUARY 1, 2020



MARCH 15, 2020

4:30PM-6:30PM • \$10

REGISTRATION OPENS FEBRUARY 15, 2020



MAY 25, 2020

9:00AM-12:00PM • \$35

REGISTRATION OPENS MAY 1, 2020



SEPTEMBER 7, 2020

9:00AM-12:00PM • \$35

REGISTRATION OPENS AUGUST 1, 2020



NOVEMBER 27, 2020

9:00AM-12:00PM • \$35

REGISTRATION OPENS NOVEMBER 1, 2020





# BREAST CANCER CANNED FOOD DRIVE BALL HANDLING CLINIC

M14Hoops is about basketball development; however, that development doesn't stop with a jump shot and crossover. Our annual Breast Cancer Can Food Drive and Ball Handling Clinic is an opportunity for players to learn how to use basketball and not let it use them. It will be their chance to give back and help families that are in need as we enter the holiday season. The event will feature a raffle and a 90-minute ball handling clinic.



DATE & TIME WILL  
BE ANNOUNCED  
AUGUST 1, 2020





# SPRING

## PROGRAM INFORMATION

**MARCH • APRIL • MAY**

# SPRING A.T.P.

**3<sup>rd</sup>-8<sup>th</sup> GRADE BOYS & GIRLS**

**HIGH SCHOOL GRADE BOYS & GIRLS**

## Welcome to our **Spring Academy Training Program!**

M14 understands not all athletes (& parents) have decided that basketball is the only sport they want to play. We get it and support that! Our Spring Academy Training Program (A.T.P.) allows players to keep their skill set sharp and still play another sport.

### **What is the SPRING ACADEMY?**

- All players must be evaluated on Placement day before gaining acceptance into the Training Program. **(See next page)**
- 12-week commitment between March and May
- 2 training sessions offered each week, with weekly make-up session
- At each grade level we divide classes based on ability.
- Progressive Program: Each month building on the next.
- IQ/Mentality Training
- Competitions (1on1, 3on3)
- Helps us address body language, listening, adversity, and “being a star”
- Skill progression correlates with each player’s needs
- AthletiCo trainer on site

### **FEES:**

**3<sup>rd</sup>-4<sup>th</sup>: \$225 per month or \$600 advance full payment**

**5<sup>th</sup>- 12<sup>th</sup>: \$285 per month or \$775 advance full payment**

**PLAYER PACKAGE: \$70** (or less depending on combination)

**Includes: Academy Jersey + Grade Level Video + Weak Hand Wednesdays**

**Visit website for updated program schedule.**



# SPRING A.T.P. PLACEMENT DAY

All players **MUST** be evaluated on Placement Day before gaining an invitation for our **Spring Academy Training Program (A.T.P.)**. If a player missed Placement Day, they can still set up a private evaluation by emailing [info@m14hoops.com](mailto:info@m14hoops.com).

We do **NOT** evaluate any players before their grade level's official Placement Day has occurred.



## PLACEMENT DAY SCHEDULE

**3rd & 4th Boys:** Friday, Jan 31st 5:15pm-7:00pm

**5th Grade Boys:** Friday, Jan 31st 5:15pm-7:00pm

**6th Grade Boys:** Friday, Jan 31st 7:15pm-9:30pm

**7th Grade Boys:** Friday, Jan 31st 7:15pm-9:30pm

**8th Grade Boys:** Friday, Jan 31st 7:15pm-9:30pm

**3rd & 4th Girls:** Friday, Feb 7th 5:15pm-7:00pm

**5th Grade Girls:** Friday, Feb 7th 5:15pm-7:00pm

**6th Grade Girls:** Friday, Feb 7th 5:15pm-7:00pm

**7th Grade Girls:** Friday, Feb 7th 5:15pm-7:00pm

**8th Grade Girls:** Friday, Feb 7th 7:15pm-9:30pm

**High School Girls:** Sunday, Feb 9th 5:30pm-7:00pm

**High School Boys:** Sunday, Feb 9th - 7:00pm-8:30pm



**Placement Day Fee: \$20**

***Registration for placement day opens January 6<sup>th</sup>.***

If you are unable to attend, please contact us in advance at [info@m14hoops.com](mailto:info@m14hoops.com) to schedule a private evaluation.

# SPRING ACADEMY TEAMS

4<sup>th</sup>-8<sup>th</sup> GRADE BOYS & GIRLS

Welcome to our **Spring Academy Teams!**

We hope your player had a great winter season and now it's time to keep it going! Our Academy Teams program is the right choice for your player if the following matters to you as a parent: **DEVELOPMENT!**



Your player is interested in playing games but not sacrificing individual development while doing so. Practicing on 'plays' is important but at this age there still needs to be a huge emphasis on individual development while teaching team concepts. The M14 System was created to ensure our professional coaching staff does not lose focus during the course of the season. The point of basketball is to play in the game (we haven't forgotten that!) but at the youth level we believe individual development has to be a priority as well.

If this matters, our Academy Teams is the right choice for you!

***Please note: All athletes must tryout to be considered for a team. (see next page)***

## MIDDLE SCHOOL PREP

### 4<sup>th</sup>-6<sup>th</sup> Grade Boys, 5<sup>th</sup>-6<sup>th</sup> Grade Girls

- March—June
- 3-week training camp
- 2 practices each week
- 30 games
- 8 Skill Sessions
- \$995 + \$250 uniform package (\$500 deposit, balance divided each month)

## HIGH SCHOOL PREP

### 7<sup>th</sup>-8<sup>th</sup> Grade Boys & Girls

- March—June
- 3-week training camp
- 3 practices each week
- 30 games
- 8 Skill Sessions
- \$1350 + \$250 uniform package (\$500 deposit, balance divided each month)

# SPRING ACADEMY TEAM TRYOUTS

Welcome to our Spring Academy Team Tryouts! Spring tryouts begin in February for all 4th-8th boys and girls. The concept behind the Academy Teams program is development and using game play to see what has successfully translated. All practices are aligned with the M14 System of development so we can help prepare our players for high school basketball!



Players are expected to attend all tryout dates listed. If a player cannot attend a day, our staff will use the evaluation from the day(s) that player was in attendance. We DO NOT have a make up tryout date. **The \$20 tryout fee covers all tryout dates. Tryout registration can be found on our website starting January 6th.**



## TRYOUT DATES

**4th Girls:** Feb 17th & 19th 6:30pm-8pm

**5th Girls:** Feb 17th & 19th 6:30pm-8pm

**6th Girls:** Feb 17th & 19th 6:30pm-8pm

**7th Girls:** Feb 18th & 20th 6:30pm-8pm

**8th Girls:** Feb 18th & 20th 8pm-9:30pm

**4th Boys:** Feb 24th & 26th 5pm-6:30pm

**5th Boys:** Feb 24th & 26th 5pm-6:30pm

**6th Boys:** Feb 24th & 26th 5pm-6:30pm

**7th Boys:** Feb 24th & 26th 7pm-8:30pm

**8th Boys:** Feb 25th & 27th 7pm-8:30pm

***Registration for tryouts opens January 6<sup>th</sup>.***

***Not all players who tryout will make a team.***



# FIRST STEP

K-4<sup>th</sup> GRADE BOYS & GIRLS

## Welcome to **FIRST STEP!**

This program is for all K-4<sup>th</sup> boys girls. First Step is designed for players who want to learn the fundamentals in basketball in a fun environment. The primary focus of First Step is FOOTWORK. Players will also learn ball handling and shooting technique and terminology used in basketball to help them make it into our training program or on one of our Academy Teams! First Step has proven results; we now have high school players who came through first step and are having great careers!

### **SCHEDULE:**

*Mondays 5:30pm-6:30pm*

March 9th, 16th, 23rd, 30th

April 6th, 13th, 20th, 27th

May 4th, 11th, 18th, 25th



### **FEE:**

**\$200 upfront**

**or \$75 per month**

*Registration opens February 1st*

# SUNDAY NIGHT SHOOTING

5<sup>th</sup>-12<sup>th</sup> GRADE BOYS & GIRLS

## Welcome to **Sunday Night Shooting!**

This program is going to take a deep dive into shooting technique, footwork, and what it takes to have a shooters mentality. Each classes will be divided in to two segments: In segment 1 we will focus form and technique, while in segment 2 we will focus on game speed shots. Players will all get shots up using our Dr. Dish shooting machines to ensure we get a TON of repetition!

### **SUNDAY NIGHT SHOOTING OVERVIEW**

- Players do NOT need to be evaluated for this program
- 12 Week Program starting March 8th
- 1 weekly training session held on Sunday evenings
- We do not offer a make-up session with this class
- Parents can pay for all 12 sessions up front or pay per month which is our every 4-week installment payment
- 60 Minutes each session
- Each class is divided into two segments: technique and repetition
- Players will use the Dr. Dish shooting machine to maximize repetition



### **SCHEDULE:**

*5th-8th Boys & Girls: 6:30pm-7:30pm*  
*High School Boys & Girls: 7:30pm-8:30pm*

March 8, 15, 22, 29  
April 5, 12, 19, 26  
May 3, 10, 17, 24

### **FEES:**

**\$240 advance full payment or  
\$100 per month (3 months)**

***Registration opens February 1st***

# SPRING BREAK SKILLZ CAMP

3<sup>rd</sup>-8<sup>th</sup> GRADE BOYS & GIRLS

**Spring Break Camp** is a great way for players to improve their fundamental and team play skills. Our Spring Break Camp offers players the focused, intensive training that are needed to see improvement. This 4-day camp will be the best way your player can spend Spring Break!

Skills that will be taught:

**On day 1:** We will focus on BALL HANDLING. Players will learn one on one attack moves, how to change speeds, and footwork to get by their defender.

**On day 2:** We will focus on FINISH MOVES. On this day players will learn an array of ways to finish around rim and more importantly the how, when, where, and why for each finish move.

**On day 3:** We will focus on SHOOTING. The shooting portion will give players a clear understanding of the proper technique for shooting as well as a ton of reps on different ways a player gets their shot off.

**On day 4:** We will focus on CREATING SPACE. Players will learn how to create space off the dribble to get their shot off against good defense.

Each day players will play 1on1 or 3on3



**March 30<sup>th</sup> – April 2<sup>nd</sup>**

**9am-12pm**

**FEE: \$200**

*Registration opens March 1<sup>st</sup>.*





# SUMMER PROGRAM INFORMATION

**JUNE • JULY**

# FIRST STEP

K-4<sup>th</sup> GRADE BOYS & GIRLS

## Welcome to **FIRST STEP!**

This program is for all 1st-3rd Boys and 1st-4th Grade girls. First Step is designed for players who want to learn the fundamentals in basketball in a fun environment. The primary focus of First Step is FOOTWORK. Players will also learn ball handling and shooting technique and terminology used in basketball to help them make it into our training program or on one of our Academy Teams! First Step has proven results; we now have high school players who came through first step and are having great careers!

**1 TRAINING SESSION PER WEEK, 8 WEEK PROGRAM**

Schedule will be announced on our website on March 1<sup>st</sup>.



**FEE:**

**\$200 upfront  
or \$75 per month**



# SUMMER SHOOTING PROGRAM

6<sup>th</sup>-8<sup>th</sup> GRADE BOYS & GIRLS

Our Shooting Program is a 3-week program offered in June and July. Players will train 2 times a week during the afternoon for 90-minutes. This program differs from our Shooting Camp because players get assigned shooting chart homework as well as more in depth instruction. Our Shooting Program is a great way for players to continue to develop during the summer months in preparation for Fall/Winter tryouts.

No evaluation is needed for this program.

## **SCHEDULE:**

*1:30pm-3:00pm*

June 8th, 10th, 15th,  
17th, 22nd, 24th

July 6th, 8th, 13th, 15th,  
20th, 22nd



## **FEES:**

**\$335 advance full  
payment or \$180 per  
month**

*Registration opens  
May 1<sup>st</sup>*





# SUMMER NIGHT TRAINING

**5<sup>th</sup>-8<sup>th</sup> GRADE BOYS & GIRLS**

**9<sup>th</sup>-12<sup>th</sup> GRADE BOYS & GIRLS**

In the Summer we understand our players have High School or AAU commitments and/or other obligations. For this reason, our Summer Night Time Training offers a flexible schedule which allows players to keep those commitments and stay sharp. Session packages can be used during June & July. No evaluation is needed for this program.

## **WHAT SKILLS YOU CAN EXPECT:**

### **Mondays/Thursdays:**

Ball Handling, creating space, footwork, attack moves, finishing moves.

### **Tuesdays /Wednesdays:**

Shooting, footwork, shots of the dribble, catch and shoot, form shooting, moving without the ball.



## **SCHEDULE:**

**5<sup>th</sup>-8<sup>th</sup> GRADE • 5:15pm-6:45pm**

**9<sup>th</sup>-12<sup>th</sup> GRADE • 6:45pm-8:15pm**

June 1-4

June 8-11

June 15-18

June 22-25

June 29-July 2

July 6-9

July 13-16

July 20-23

July 27-30

## **FEES:**

**1 Session: \$35**

**4 Sessions: \$130**

**8 Sessions: \$240**

***Registration opens May 1<sup>st</sup>***

# SUMMER LEAGUE

3<sup>rd</sup>-8<sup>th</sup> GRADE BOYS & GIRLS

## Welcome to our new **Summer League!**

We all remember the summer days of playing 5on5 basketball at our local parks; and we all know this generation the parks are empty. For the past 8 years M14 has run an internal Summer League that featured over 100 players to help fill that void. This year, we have decided to open it up to all players and to really take things to the next level!

Players interested will have to attend our 2 day evaluation. The evaluation will determine how we put the Summer League teams together. Players will play 2 back to back (24 total) games 3 nights a week, be coached by M14 staff as well as past players who trained at M14 who now play on the collegiate level and will have a playoff and crown division champs! While the competition will be appropriate and fun, we still will remain focused on the Summer Leagues original goal: Training has to Translate! We will encourage all players to work on their game while playing in the game!

### SUMMER LEAGUE OVERVIEW

- All players will need to be evaluated
- After the evaluation divisions and rosters will be formed
- All players will not be accepted into the League
- Players will receive an official M14 Summer League reversible jersey
- Players will be coached by M14 Staff
- Game schedule overviews will be given out at the evaluations
- Teams will not practice, just play games
- Players will play 24 games (including playoffs)
- Teams play 2 back to back games each night
- Each division will have games 3 nights a week
- There is no credit/refund for missed games (please double check schedules after a spot is offered!!!)
- Division champs will receive a trophy that will be held in the M14 trophy case with the team photo for the year!



### EVALUATION DATES:

Sunday, May 3rd  
Sunday, May 10th  
7:00pm-8:30pm

### LEAGUE FEE:

**\$425**

*Registration for Evaluation opens April 1st*





***FUN***

***HARD WORK***



***GREAT COACHING STAFF***

***COMPETITIVE***



***LEARNING***





# WELCOME TO M14 SUMMER CAMPS

• BASKETBALL

• PERFORMANCE

• FIRST STEP





# SUMMER CAMPS

3<sup>rd</sup>-8<sup>th</sup> GRADE BOYS & GIRLS



Our camps help players get a better understanding of how to incorporate drills into games. Each week our summer camps will focus on different skills in basketball. Open registration for everyone, not just players enrolled in our training!

***Registration opens February 15<sup>th</sup>.***

- Monday-Thursday
- 9am-Noon (morning) & 1:30pm-4:30pm (afternoon)
- Camps offered in June, July and August
- All-day camp option includes lunch

## CAMP FEES

**1 Camp - \$250**  
**Any 2 Camps - \$425**  
**Any 3 Camps - \$600**  
**All Day Camp - \$475**

## 2020 SUMMER CAMP OPTION/SCHEDULE

Morning Camps 9am to Noon	<b>A</b> PG ELITE CAMP	<b>B</b> SHOOTING & DEFENSE CAMP	<b>C</b> BALL HANDLING CAMP	<b>F</b> 4 <sup>th</sup> OF JULY SKILLZ CAMP
------------------------------	---------------------------	-------------------------------------	--------------------------------	-------------------------------------------------

Lunch included  
with All-Day Camps

June 8th-11th

June 15th-18th

June 22nd-25th

June 29th-July 2nd

Afternoon Camps 1:30pm to 4:30pm	<b>D</b> SCORING CAMP	<b>C</b> BALL HANDLING CAMP	<b>E</b> SHOOTING CAMP	<b>B</b> SHOOTING & DEFENSE CAMP
-------------------------------------	--------------------------	--------------------------------	---------------------------	-------------------------------------

Morning Camps 9am to Noon	<b>D</b> SCORING CAMP	<b>E</b> SHOOTING CAMP	<b>C</b> BALL HANDLING CAMP	<b>G</b> END OF SUMMER SKILLZ CAMP	<b>E</b> SHOOTING CAMP
------------------------------	--------------------------	---------------------------	--------------------------------	---------------------------------------	---------------------------

Lunch included  
with All-Day Camps

July 6th-9th

July 13th-16th

July 20th-23rd

July 27th-30th

August 3rd-6th

Afternoon Camps 1:30pm to 4:30pm	<b>A</b> PG ELITE CAMP	<b>C</b> BALL HANDLING CAMP	<b>D</b> SCORING CAMP	<b>E</b> SHOOTING CAMP	<b>C</b> BALL HANDLING CAMP
-------------------------------------	---------------------------	--------------------------------	--------------------------	---------------------------	--------------------------------

**Camp Descriptions can be found on the next page!**





# CAMP DESCRIPTIONS

## CAMP A: PG ELITE CAMP

**OVERVIEW:** This Camp is for any players who play the guard position who wants to improve their individual skill and IQ! Over the years the point guard position has evolved from a 'pass only' position to a high pace position that involves passing AND scoring the ball. Point guards must be able to break down the defense and make 2 defenders guard them and make the right decision. At camp, players will get introduced to the 5 ways a PG should score and 3 things they should always consider on offense, as well as learn about things that do not show up on the stat sheet like understanding time/score and tempo. Great camp!

JUNE 8<sup>TH</sup>-11<sup>TH</sup> | MORNING  
JULY 6<sup>TH</sup>-9<sup>TH</sup> | AFTERNOON

## CAMP B: SHOOTING & DEFENSE CAMP

**OVERVIEW:** It is uniquely structured by having 2 days dedicated to each skill. The shooting portion gives players a clear understanding of the proper technique for shooting as well as a ton of reps on different ways a player gets their shot off. The technique portion is extremely specific and players get a true understanding of the 3 phases to a perfect jump shot. The defensive portion of camp creates a fun and energetic environment. Players learn the proper stance, footwork, IQ and the passion it takes to defend. Players will also learn team defensive concepts as well. As we like to say at M14 "offense sells tickets, but defense wins championships!"

JUNE 15<sup>TH</sup>-18<sup>TH</sup> | MORNING  
JUNE 29<sup>TH</sup>-JULY 2<sup>ND</sup> | AFTERNOON

## CAMP C: BALL HANDLING CAMP

**OVERVIEW:** In the game of basketball today, every player needs to be able to dribble. This intense 4-Day camp will focus on the fundamentals of dribbling and also teach players advance 1-on-1 attack moves that will allow them to beat any defender of the dribble. The great thing about Explosive Handles is that it breaks down high level moves and makes them easy for players at any level to understand. This is the #1 Ball Handling Camp in the Nation!

JUNE 15<sup>TH</sup>-18<sup>TH</sup> | AFTERNOON  
JUNE 22<sup>ND</sup>-25<sup>TH</sup> | MORNING  
JULY 13<sup>TH</sup>-16<sup>TH</sup> | AFTERNOON  
JULY 20<sup>TH</sup>-23<sup>RD</sup> | MORNING  
AUG 3<sup>RD</sup>-6<sup>TH</sup> | AFTERNOON

*Registration opens February 15<sup>th</sup>*





# CAMP DESCRIPTIONS

## CAMP D: SCORING CAMP

**OVERVIEW:** Basketball is simple: Put the ball in the hoop. However, this simple phrase actually is pretty hard to do. This camp will help players at all positions learn how to score. Camp will focus on the small details that make a huge difference. This camp will focus on 1on1 attack moves, finishing moves, jab steps, footwork and creating space so players can get their own shots off.

JUNE 8<sup>TH</sup>-11<sup>TH</sup> | AFTERNOON  
JULY 6<sup>TH</sup>-9<sup>TH</sup> | MORNING  
JULY 20<sup>TH</sup>-23<sup>RD</sup> | AFTERNOON

## CAMP E: SHOOTING CAMP

**OVERVIEW:** This camp will show why our shooting philosophy has helped some of the best shooters in the area have success. Each day the first half of camp will be dedicated to technique and footwork; we will teach players the correct way to shoot the ball and they will learn the correct moves to get their own shot off in a game. The last 90 minutes will be dedicated to repetition! Each player will get 100-150 shots up using the technique and methods they were just taught (catch & shoot, create space, using screens, pull ups off the dribble). After this camp player will have learned multiple ways to get their shot off and look good while doing it!

JUNE 22<sup>ND</sup>-25<sup>TH</sup> | AFTERNOON  
JULY 13<sup>TH</sup>-16<sup>TH</sup> | MORNING  
JULY 27<sup>TH</sup>-30<sup>TH</sup> | AFTERNOON  
AUG 3<sup>RD</sup>-6<sup>TH</sup> | MORNING

## CAMP F: 4<sup>TH</sup> OF JULY SKILLZ CAMP

A great way to celebrate independence in the gym!

**On day 1:** We will focus on BALL HANDLING. Players will learn one on one attack moves, how to change speeds, and footwork to get by their defender.

**On day 2:** We will focus on FINISH MOVES. On this day players will learn an array of ways to finish around rim and more importantly the how, when, where, and why for each finish move.

**On day 3:** We will focus on SHOOTING. The shooting portion will give players a clear understanding of the proper technique for shooting as well as a ton of reps on different ways a player gets their shot off.

**On day 4:** We will focus on CREATING SPACE. Players will learn how to create space off the dribble to get their shot off against good defense.

Each day players will play 1on1 or 3on3

JUNE 29<sup>TH</sup>-JULY 2<sup>ND</sup> | MORNING

## CAMP G: END OF SUMMER SKILLZ CAMP

**On day 1:** We will focus on BALL HANDLING. Players will learn one on one attack moves, how to change speeds, and footwork to get by their defender.

**On day 2:** We will focus on FINISH MOVES. On this day players will learn an array of ways to finish around rim and more importantly the how, when, where, and why for each finish move.

**On day 3:** We will focus on SHOOTING. The shooting portion will give players a clear understanding of the proper technique for shooting as well as a ton of reps on different ways a player gets their shot off.

**On day 4:** We will focus on CREATING SPACE. Players will learn how to create space off the dribble to get their shot off against good defense.

Each day players will play 1on1 or 3on3

JULY 27<sup>TH</sup>-30<sup>TH</sup> | MORNING

***Registration opens February 15<sup>th</sup>***



# PERFORMANCE CAMPS

**4<sup>th</sup>-8<sup>th</sup> GRADE BOYS & GIRLS**

This Summer we will offer 1-hour long Performance Camps, Monday—Thursday.

We will offer 3 different camps: Performance Camp, Speed/Agility Camp, Explosive Camp.

**The fee is \$100 for one camp**

## **PERFORMANCE CAMP**

**OVERVIEW:** The faster athlete usually comes out on top! Every athlete needs to increase their speed along with developing their strength. In this camp players will learn proper running mechanics that will help them excel in their sprinting no matter what sport they are playing. Player will also develop general strength in this class. Everyone needs to be able to control their movements and by developing their strength we can increase the force they are able to put into the ground that will propel down the court or field. Players will work on takeoff mechanics, acceleration, top end speed, and general age appropriate strength.

**12:30pm-1:30pm**

**JUNE 8<sup>TH</sup>-11<sup>TH</sup>**

**JULY 6<sup>TH</sup>-9<sup>TH</sup>**

**JULY 27<sup>TH</sup>-30<sup>TH</sup>**

## **SPEED/AGILITY CAMP**

**OVERVIEW:** The ability to stop, go, and change direction at a high level are attributes all athletes need to have. At this camp, players will learn proper running mechanics that will help them accelerate and get off the line. Players will also be exposed to drills that will challenge them to come to a complete stop and transfer their movement into another direction. No matter what sport you play, being able to get up to top speed quickly, then stopping suddenly and making a quick cut can make the difference between scoring or not!

**12:30pm-1:30pm**

**JUNE 15<sup>TH</sup>-18<sup>TH</sup>**

**JUNE 29<sup>TH</sup>-JULY 2<sup>ND</sup>**

**JULY 13<sup>TH</sup>-16<sup>TH</sup>**

**AUG 3<sup>RD</sup>-6<sup>TH</sup>**

## **EXPLOSIVE CAMP**

**OVERVIEW:** This camp will address your player's ability to not only get off the ground, but be able to jump multiple times quickly (like when rebounding!). Basketball is a sport based around who can get up into the air and grab the ball before their opponent. In this class players will learn not only how to jump but also how to land properly to keep them safe as they return to the ground. Jumping is all about creating force in the body and transferring it through the ground. The best way to develop force is developing strength. Players will strengthen the muscles that are needed to developing explosive hops!

**12:30pm-1:30pm**

**JUNE 22<sup>ND</sup>-25<sup>TH</sup>**

**JULY 20<sup>TH</sup>-23<sup>RD</sup>**

***Registration opens February 15<sup>th</sup>***

# FIRST STEP: THE CAMP

K-2<sup>nd</sup> GRADE BOYS & GIRLS

**First Step: The Camp** is designed for players who want to learn the fundamentals of basketball in a FUN environment! The primary focus of First Step is FOOTWORK and FUNDAMENTALS! No matter if it is dribbling or shooting, a player's footwork can increase their efficiency in both areas. Players will also learn other ball handling moves and shooting technique.



**Flexible Schedule:** First Step: The Camp is offered on Fridays from 9:00am-10:30am. We understand the summer can be full of travel so at this age we offer flexible pricing that will fit any parents' schedule. Players can sign up for the full 6 weeks or can purchase a "DAY PASS" which will allow them to pick the amount of camp dates that work with mom and dad's schedules.



If you purchase a "Day Pass" we do ask that you RSVP via email by the Thursday before your player will attend!

## SCHEDULE:

*Fridays 9:00am-10:30am*

June 5th, 12th, 19th, 26th  
July 17th, 24th

## FEE:

**Full 6 Weeks: \$120**

**Day Pass: \$25**

***Registration opens February 15<sup>th</sup>***





# FALL

## PROGRAM INFORMATION

**AUGUST • SEPTEMBER • OCTOBER**

# FALL A.T.P. PLACEMENT DAY

All players **MUST** be evaluated on Placement Day before gaining an invitation for our **Fall Academy Training Program (A.T.P.)**. If a player missed Placement Day, they can still set up a private evaluation by emailing [info@m14hoops.com](mailto:info@m14hoops.com).

We do **NOT** evaluate any players before their grade level's official Placement Day has occurred.



## PLACEMENT DAY SCHEDULE

**3rd & 4th Boys:** Tuesday, June 30th 5:30pm-7:00pm

**5th Grade Boys:** Tuesday, June 30th 7:30pm-9:30pm

**6th Grade Boys:** Tuesday, June 30th 7:30pm-9:30pm

**7th Grade Boys:** Thursday, July 2nd 5:30pm-7:30pm

**8th Grade Boys:** Thursday, July 2nd 7:30pm-9:30pm

**3rd & 4th Girls:** Tuesday, June 30th 5:30pm-7:00pm

**5th Grade Girls:** Wednesday, July 1st 5:30pm-7:30pm

**6th Grade Girls:** Wednesday, July 1st 5:30pm-7:30pm

**7th Grade Girls:** Wednesday, July 1st 7:30pm-9:30pm

**8th Grade Girls:** Wednesday, July 1st 7:30pm-9:30pm

**High School Boys:** Monday, June 29th 7:30pm-9:30pm

**High School Girls:** Monday, June 29th 5:30pm-7:30pm

**Placement Day Fee: \$20**

***Placement day registration opens June 1<sup>st</sup>.***

If you are unable to attend, please contact us in advance at [info@m14hoops.com](mailto:info@m14hoops.com) to schedule a private evaluation.

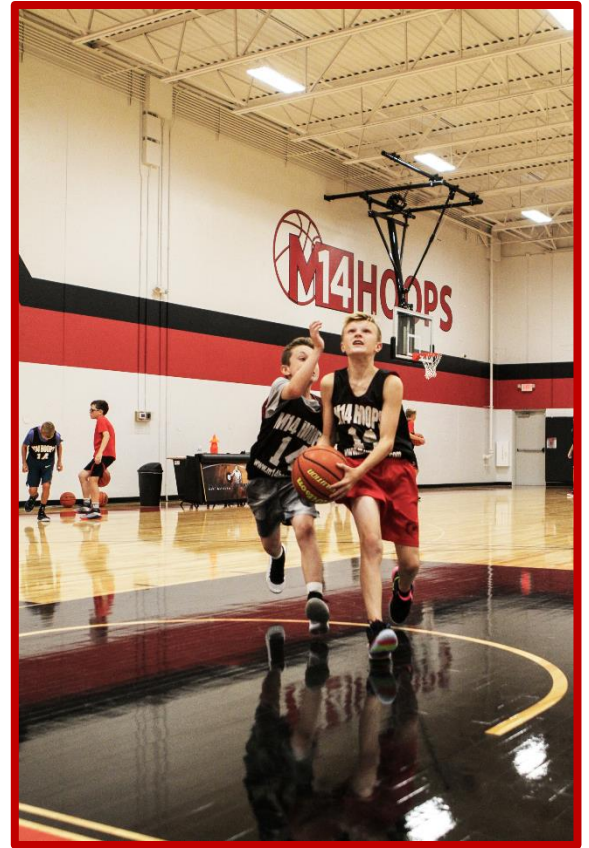


### Welcome to our **Fall Academy Training Program!**

The BEST way to get ready for the winter season is enrolling into our Fall Academy Training Program. This program offers discipline, structure, repetition and focused training that has helped some of the areas best prepare for the season. No matter if your player is trying to make the team, get more minutes on the team or rise their contribution level to the team, our Fall Academy is guaranteed to help any player who wants to get better! We teach the skills that transfer into the game!

#### What is the FALL ACADEMY?

- All players must be evaluated before gaining acceptance into the Training Program.
- 12-week commitment
- 3 training sessions offered each week (Players must attend all sessions)
- At each grade level we divide classes based on ability.
- Progressive Program: Each month building on the next.
- IQ/Mentality Training
- Competitions (1on1, 3on3)
- Helps us address body language, listening, adversity, and “being a star”
- Skill progression correlates with each player’s needs
- AthletiCo and automatic invite into Winter Overtime Program



#### **FEES:**

**3<sup>rd</sup>-4<sup>th</sup>: \$225 per month or \$600 advance full payment**

**5<sup>th</sup>-8<sup>th</sup>: \$350 per part or \$950 advance full payment**

**PLAYER PACKAGE: \$70** (or less depending on combination)

**Includes: Academy Jersey + Grade Level Video + Weak Hand Wednesdays**



### Welcome to our **Fall Academy Training Program!**

Welcome to the High School Fall Academy Training Program. Things have changed; players are bigger, stronger, quicker and faster. It is time for your player to get ready for a competitive high school season! It is important to our staff that we prepare your player for November tryouts. Our goals are either to help your player make the team or become a vital part of the team. This will be done by focused drilling, intensity and lots of repetition. We also will continue showing players how they need to play at their position to be successful at the high school level.

#### **What is the FALL ACADEMY?**

- All players must be evaluated before gaining acceptance into the Training Program.
- 12-week commitment
- 3 training sessions offered each week of Part I. (Players must attend all sessions)
- 2 training sessions with a weekly make-up session in Part II
- At each grade level we divide classes based on ability.
- Progressive Program: Each month building on the next.
- IQ/Mentality Training
- Competitions (1on1, 3on3)
- Helps us address body language, listening, adversity, and “being a star”
- Skill progression correlates with each player’s needs
- AthletiCo and automatic invite into Winter Rapid Fire Program



#### **FEES:**

**Part 1: \$485 • Part 2: \$435**

**PLAYER PACKAGE: \$70** (or less depending on combination)

**Includes: Academy Jersey + Grade Level Video + Weak Hand Wednesdays**

# FIRST STEP

K-4<sup>th</sup> GRADE BOYS & GIRLS

## Welcome to **FIRST STEP!**

This program is for all 1st-3rd Boys and 1st-4th Grade girls. First Step is designed for players who want to learn the fundamentals in basketball in a fun environment. The primary focus of First Step is FOOTWORK. Players will also learn ball handling and shooting technique and terminology used in basketball to help them make it into our training program or on one of our Academy Teams! First Step has proven results; we now have high school players who came through first step and are having great careers!



**12 WEEK PROGRAM**

**4 SESSION PER PART**

Registration opens July 1<sup>st</sup>

**FEE:**

**\$200 upfront  
or \$75 per part**

# AAU ACADEMY TEAMS

## HIGH SCHOOL BOYS & GIRLS

**AT THE HIGH SCHOOL LEVEL OUR CLASSIFICATION SYSTEM CHANGES;  
WE OFFER REGIONAL AND NATIONAL AAU TEAMS.**

Our **National** teams will play a schedule that involves more out of state tournaments. If your player feels they have a high level of talent, skill, and athleticism then make sure they attend our National Team Tryouts

Our **Regional** teams will play a schedule that involves less travel and is more focused on development to assist players for the upcoming high school season. We will assist with exposure for players interested in playing at the collegiate level.

**TEAM M-XIV GIRLS ARE PART OF THE  
BLUESTAR TRAVEL TEAM CIRCUIT**



**TEAM M-XIV BOYS ARE PART OF THE  
NY2LA SPORTS ASSOCIATION**



### **National Boys & Girls**

- March—July
- 4-week training camp
- 3 practices each week
- 8 tournaments
- Potentially travel 4-6 times out of state

### **Regional Boys & Girls**

- March—July
- 4-week training camp
- 3 practices each week
- 8 tournaments
- Potentially travel 2-3 times out of state



# AAU ACADEMY TEAMS TRYOUTS

HAPPENING IN SEPTEMBER

Welcome to our High School AAU Tryouts! Spring 2021 15U-17U boys and girls tryouts are in September! Players must attend their grade levels tryout. Players do have the option to tryout for either our National Team(s) or Regional Team(s). If a player is not selected to our National Team(s) they are still eligible to tryout for our Regional Team(s). National

and Regional Teams play different schedules and do travel out of state different amounts. More details are given at tryouts during the parent meeting. M14 does assist in the process of college recruiting for players that are interested in that service.



Players are expected to attend all tryout dates listed. If a player cannot attend a day, our staff will use the evaluation from the day(s) that player was in attendance. We DO NOT have a makeup tryout date. **The \$20 tryout fee covers all tryout dates. Tryout registration can be found on the home page starting July 1st.**



***Registration for tryouts opens July 1st.***

# SUNDAY SKILLZ

5<sup>th</sup>-8<sup>th</sup> GRADE BOYS & GIRLS

9<sup>th</sup>-12<sup>th</sup> GRADE BOYS & GIRLS

## Welcome to **Sunday Skillz!**

This program will allow any player to stay sharp while committed to other activities during the Fall months. Parents can purchase sessions individually or in a package and use those sessions on the Sunday's that we offer the skill classes. Players do not have to use sessions consecutively.

**Please double check schedules; any unused sessions are not refunded or credited into other programs.**

### **SUNDAY SKILLZ OVERVIEW**

- Player do NOT need to be evaluated for this program
- Each session is 90 minutes
- 10:1 player to coach ratio
- Groups are divided based on grade level, gender, and skill
- Each Sunday, sessions are divided into two 45 minute segments: 45-min of ball handling and 45-min of shooting.
- Ball Handling skill work will include: attack moves, finishing moves, footwork, advance drills, fundamental technique drills, playing through contact and more!
- Shooting skill work will include: form shooting, footwork, using screens, creating space, catch & shoot and more!
- Players need to bring their own basketball



### **FEES:**

**1 Session: \$35**

**4 Sessions: \$130**

**8 Sessions: \$240**

**Schedule announced & Registration  
opens August 1<sup>st</sup>.**





# WINTER

## PROGRAM INFORMATION

**NOVEMBER • DECEMBER • JANUARY • FEBRUARY**



# WINTER ACADEMY TEAMS

5<sup>th</sup>-6<sup>th</sup> GRADE GIRLS

4<sup>th</sup>-6<sup>th</sup> GRADE BOYS

7<sup>th</sup>-8<sup>th</sup> GRADE BOYS & GIRLS

## Welcome to our **Winter Academy Teams!**

Welcome to the M14 Winter Academy Teams! We hope your player had a great summer and will be working on their skills all Fall! The winter is the time to put it all together in live competition! Our Academy Teams program is the right choice for your player if the following matter to you as a parent:



1. **DEVELOPMENT:** Your player is interested in playing games but not sacrificing individual development while doing so. Practicing on 'plays' is important but at this age there still needs to be a huge emphasis on individual development while teaching team concepts. The M14 System was created to ensure our professional coaching staff does not lose focus during the course of the season. The point of basketball is to play in the game (we haven't forgotten that!)

but at the youth level we believe individual development has to be a priority as well.

2. **COACHING:** ALL our coaches are employees of M14Hoops (part-time or fully employed). This allows the focus to be on every player and because the focus is on each player improving. Our coaches must pass our internal training classes to be able to coach a team as well and are managed by our Court Leaders and Directors. This allows us to trouble-shoot any issues quickly and professionally.

If 1 or both of these items matter, our Academy Teams is the right choice for you!

***Please note: All athletes must tryout to be considered for a team. (see next page)***

### MIDDLE SCHOOL PREP

#### 4<sup>th</sup>-6<sup>th</sup> Grade Boys & Girls

- November—February
- 3-week training camp starting Saturdays in October
- 2 practices each week
- 30 games
- 8 Skill Sessions

### HIGH SCHOOL PREP

#### 7<sup>th</sup>-8<sup>th</sup> Grade Boys & Girls

- November—February
- 3-week training camp starting Saturdays in October
- 3 practices each week
- 30 games
- 8 Skill Sessions

# WINTER ACADEMY TEAM TRYOUTS

HAPPENING IN AUGUST

Welcome to our Middle School Winter Academy Team Tryouts! Winter tryouts begin in August for all 4th-8<sup>th</sup> boys and girls. The concept behind the Academy Teams program is development and using game play to see what has successfully translated. All practices are a-lined with the M14 System of development so we can help prepare our players for high school basketball! During the winter season, we do allow players to play for their feeder program as well as M14!



Players are expected to attend all tryout dates listed. If a player cannot attend a day, our staff will use the evaluation from the day(s) that player was in attendance. We DO NOT have a make up tryout date. **The \$20 tryout fee covers all tryout dates. Tryout registration can be found on the home page starting July 1st.**



***Registration for tryouts opens July 1<sup>st</sup>.***

# FIRST STEP: THE LEAGUE

## LEAGUE DIVISIONS:

K-1<sup>st</sup> Boys & Girls

2<sup>nd</sup> Grade Boys & Girls

3<sup>rd</sup>-4<sup>th</sup> Grade Boys

3<sup>rd</sup>-4<sup>th</sup> Grade Girls

First Step is a program designed to help young basketball players learn the fundamentals of basketball. **First Step The League** is where players start their journey within the M14 System in live game competition. The games are internal so we can control the environment and make sure all players are learning and progressing. Practices are run by M14Hoops certified trainers to ensure players are learning the correct skills while still having fun with teammates and friends.

**First Step The League** offers two seasons. Within each season players will practice twice a week and have one game on Saturday morning.

All practices will be run by M14Hoops staff. Games will be coached by Parent Assistant who is monitored by M14 Staff.

Mandatory Parent Meeting will be scheduled after Registration has concluded

Players do not need to be evaluated for this program.



## FEES:

**\$250 for both seasons  
or \$150 per season**

**Registration opens October 1<sup>st</sup>.**





# WINTER OVERTIME

4<sup>th</sup>-6<sup>th</sup> GRADE BOYS & GIRLS

7<sup>th</sup>-8<sup>th</sup> GRADE BOYS & GIRLS

**OVERTIME** is our Winter Training Program.

This will help to ensure all players continue to develop during the basketball season. Friday nights are dedicated to BALL HANDLING. Sundays are all about SHOOTING! Each 90-minute session will be intense and focus on repetition. Players must attend all sessions within each 8-week part; we do not offer any make up sessions.

## WINTER OVERTIME OVERVIEW

- All players need to be evaluated for this program.
- If the program has started you will need to email [info@m14hoops.com](mailto:info@m14hoops.com) to set up a private evaluation
- Overtime offers two 8-week parts; Nov/Dec and Jan/Feb.
- Players have the option to sign up for either part or both.
- 90 minute training sessions
- 9:1 Player to Coach ratio
- Friday night training sessions are dedicated to ball handling and scoring
- Sunday night training sessions are dedicated to shooting
- No make up sessions are offered for any missed sessions
- Player need to bring their own basketballs

**Schedule & Placement Day  
available on October 1<sup>st</sup>.**

### **RAPIDFIRE** is our Sunday Night Shooting program for High School players.

Each 90-minute session will focus on ball handling & shooting repetition. Players will get up 150-200 shots! This program will ensure each player maintains their skill set and conditioning during the high school season!

#### **WINTER OVERTIME OVERVIEW**

- All players need to be evaluated for this program.
- If the program has started you will need to email [info@m14hoops.com](mailto:info@m14hoops.com) to set up a private evaluation
- Starts in November and ends in February.
- The program offers two 8 week parts (Nov/Dec and Jan/Feb).
- Players have the option to sign up for either part of both
- Players will get up 150-200 shots game speed shots
- 90 minute training sessions
- 9:1 Player to Coach ratio
- Player need to bring their own basketballs

**Schedule & Placement Day  
available on October 1<sup>st</sup>.**

**UNDERDOG** is our training Academy for players who did not make their school's team.

One principle of the M14 Code states: "In the midst of Adversity you find out who you are." High school basketball is very competitive and with the talent in the western suburbs, coaches have to make tough decisions. Unfortunately that means not all players who tryout will make the team. This forces those who didn't make it to make a decision: quit or lace 'em back up and get better! Over the past 9 years M14 has helped numerous players 'lace 'em back up,' train, develop and go back out next year and they got a spot on the team! Adversity is part of life and while this program will get players better at basketball, it also teaches them to face that adversity and take the challenge on ... a valuable life lesson.

## WINTER UNDERDOG OVERVIEW

- All players need to be evaluated for this program.
- If the program has started you will need to email [info@m14hoops.com](mailto:info@m14hoops.com) to set up a private evaluation
- 13 week program starting December 2<sup>nd</sup>
- Players will train twice a week on Monday's and Wednesday's from 6:30p-8p
- Games are played on Saturday mornings and are in-house and teams are mixed up each weekend
- Games are meant to help players translate skills into live action
- Total training sessions: 24
- Total games: 12
- Players need to bring their own basketballs

**FEE:**  
**\$775**

***Includes: Academy Jersey***

**Schedule & Evaluation Day available  
on November 15<sup>th</sup>.**



# HOLIDAY SKILLZ CAMPS

**3<sup>rd</sup>-8<sup>th</sup> GRADE BOYS & GIRLS**

Our basketball Holiday Skillz Camp is for players who want to keep their skills sharp during winter break. It is a great way for players to focus on their individual skills during the team season. We offer two camps and they are full of high level teaching, repetition and FUN!

***Registration opens October 1<sup>st</sup>.***

## **SHOOTING CAMP**

***9:00am-12:00pm***

Monday, Dec 21

Tuesday, Dec 22

Wednesday, Dec 23

**Camp Fee:**

**\$175** (includes camp t-shirt)



## **BALL HANDLING CAMP**

***9:00am-12:00pm***

Monday, Dec 28

Tuesday, Dec 29

Wednesday, Dec 30

**Camp Fee:**

**\$175** (includes camp t-shirt)





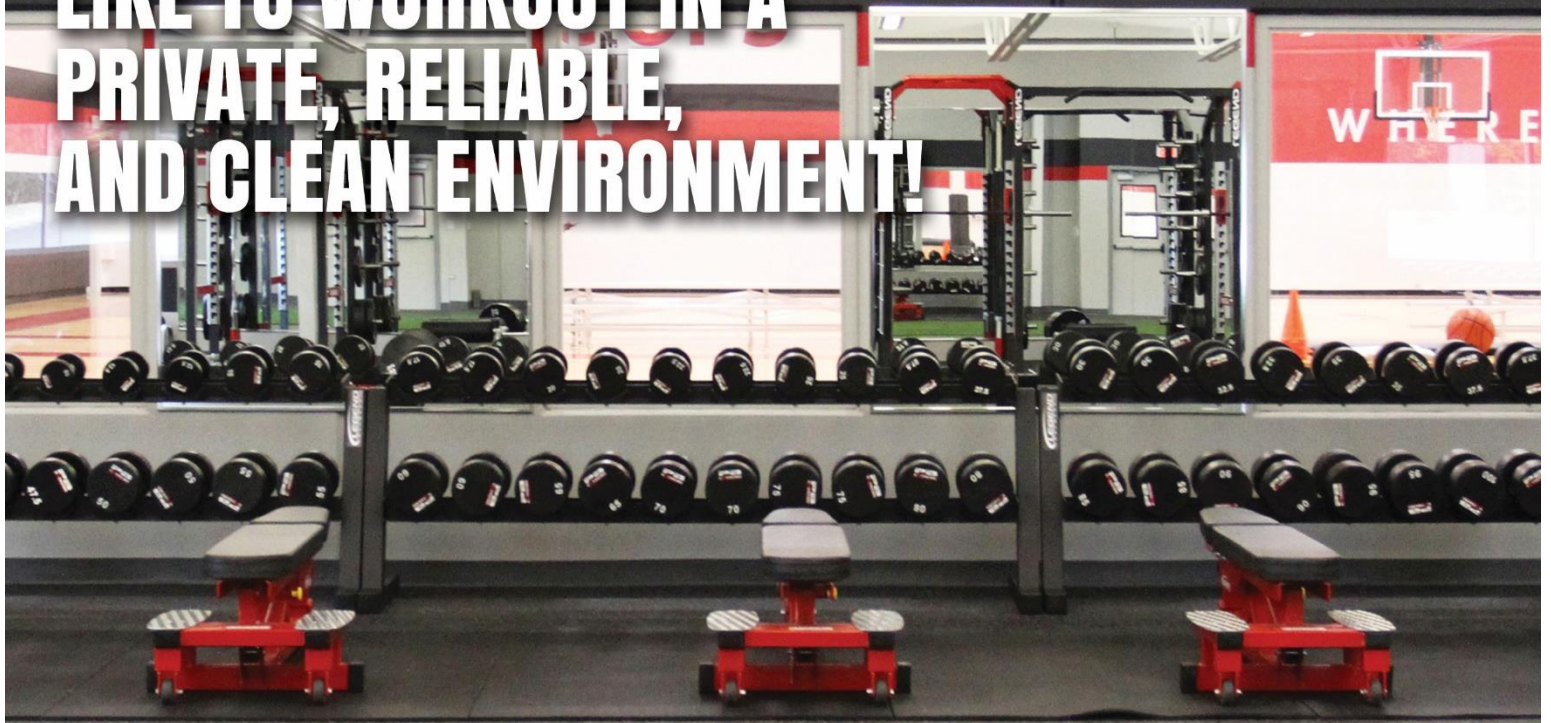


# FITNESS CENTER

LOCATED INSIDE OF M14HOOPS BASKETBALL TRAINING ACADEMY

2414 CHURCH RD • AURORA, IL 60502

**NOW OPEN TO THE PUBLIC  
FOR ADULTS WHO WOULD  
LIKE TO WORKOUT IN A  
PRIVATE, RELIABLE,  
AND CLEAN ENVIRONMENT!**



**MONDAY-FRIDAY 9AM-3PM**

4,300 SQFT WEIGHT ROOM  
PRIVATE SHOWERS & LOCKER ROOM  
6 BASKETBALL COURTS  
PERSONAL TRAINING AVAILABLE  
INTRODUCTORY RATE: \$25/SESSION JAN-MAR

**\$30/MONTH  
OR \$10/DAY**

FOR MORE INFORMATION, VISIT [CHICAGOLAND.M14HOOPS.COM/STRENGTH](http://CHICAGOLAND.M14HOOPS.COM/STRENGTH)  
(331) 281-0192 OR EMAIL US AT [INFO@M14HOOPS.COM](mailto:INFO@M14HOOPS.COM)





Illinois Basketball Training Academy

**2414 CHURCH RD  
AURORA, IL 60502  
(331) 281-0192**



**@M14HOOPS**

**CHICAGOLAND.M14HOOPS.COM  
INFO@M14HOOPS.COM**