

MBA Spring Hoops Academy Training

Starting Monday, April 8th thru May 23rd



Manny's Basketball program is offering basketball training for players interested in improving their skills. The workouts will focus on each players goals and emphasize the following:

- *Guard Skill Development
- *Shooting Form & Accuracy
- *Moving without the ball
- *Post Skill Development
- *Ball-Handling & Passing
- *Plyometric & Strength Training

The MBA Hoops Academy is a weekly instructional program guaranteed to improve your skills. This is an individual training program designed to help you get the personal results that you want and desire.

To become a better player you have to dedicate time to doing the things that will make you better. Sessions are intense and the player is pushed hard to accomplish their goal of improving their skill level.

This is a great opportunity to train as we monitor your progress during the basketball leagues.

Training Rate (1 hour sessions):

- Package 1 one on one training-\$30 for one hour
- Package 2 4 sessions for one month-\$50 per month
- Package 3 2 sessions a week for the spring league season-\$100

Training Days: Monday thru Thursday from 4:30p.m.-5:45p.m.
Monday-Ball Handling/Shooting @Central High School
Tuesday-Guard-Skill Development @ MBA Hoops Training Academy
Thursday-Post-Skill Development @MBA Hoops Training Academy

Participate Name: _____ Grade: _____
Parent's Name: _____ Cell Phone: _____
Address: _____ City: _____ Zip: _____
Email address: _____

To sign up contact Manny at 541-499-5749 or visit: mbamanny@msn.com

Check one: Package 1 _____ Package 2 _____ Package 3 _____

**"It's not about how bad you want it,
it's about how hard you are willing to work for it!"**

For more information visit: www.mannysbasketball.com