



# YOUTH 13/15/16

## BOYS

# 2014 ACADEMY PROGRAM

Visit us at: [www.winbball.weebly.com](http://www.winbball.weebly.com)

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### **Academy Program Highlights:**

All athletes will participate in a customized 10 week / 20 session Basketball Specific Training Program

- Registration will be capped at 40 to focus on individual needs of each athlete
  - Coaching will be taken care of by W.I.N Basketball staff and former University/ Semi Pro Basketball Players
  - Reversible W.I.N jersey will be given to each athlete
  - Our program will be geared towards:
    - performance training designed to accelerate athletic improvement
    - player-specific on-court skill development to attack weaknesses and maximize strengths
    - position-specific skills designed to expand each player's game
    - drills to improve strength, speed, balance, explosiveness and flexibility
    - Game instruction to develop court awareness and on-court efficiency
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### **Academy start date:**

**Sept. 9<sup>th</sup> 2014 (first 4 sessions will run Tuesday & Thurs. All other sessions will be held Monday & Wednesdays)**

**Fee: \$300**

**Location: *Bishop O'Byrne High School & St. Albert the Great***

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**Please contact the following for registration:**

Michael Myers (W.I.N. Basketball)

Email: [winbasketball13@gmail.com](mailto:winbasketball13@gmail.com) Phone: 403-606-9449