

GOING VERTICAL

BASKETBALL ACADEMY

WINTER Skill Development Program

DATES: Monday and Wednesday Nights

November 26th, 28th December 3rd, 5th, 10th, 12th, 17th, 19th January 7th, 9th, 14th, 16th, 21st, 23rd, 28th, 30th
February 4th, 6th, 11th, 13th, 18th, 20th, 25th, 27th

AGE GROUPS: (Boys and Girls)

Division 1 (K - 2nd Grade) 6:00 - 7:00 PM

Division 2 (3rd - 5th Grade) 7:00 - 8:00 PM

Division 3 (6th - 8th Grade) 8:00 - 9:00 PM



PROGRAM FEATURES:

- Dynamic Flexibility
- Core Strengthening Exercises
- Basketball Specific Conditioning
- Quickness, Agility, and Footwork
- Proper Shooting Techniques
- Defense and Rebounding Drills
- Attack and Finishing Moves
- Ball Handling
- Passing Drills and Spacing Principles

COST: (24 Total Sessions): \$200 (\$8.33 per session)

- Limited to first 20 registrations in each Division

- \$25 Multi-Child Discount

- \$10 off for Returning Players

CALL TO REGISTER: 402.392.1889

CAN'T MAKE IT TO BOTH NIGHTS? CHOOSE A NIGHT AND PAY \$125

ALL CLINICS ARE HELD AT GOING VERTICAL

10700 Sapp Brothers Drive, Omaha, NE 68138

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