

# GOING VERTICAL

## BASKETBALL ACADEMY

### SPRING Skill Development Program

DATES: Monday and Wednesday Nights

**\*\* Sunday - Alternative Night in case you can't attend one night during week \*\***

March 18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 27<sup>th</sup>    April 1<sup>st</sup>, 3<sup>rd</sup>, 8<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup>    May 1<sup>st</sup>, 6<sup>th</sup>, 8<sup>th</sup>

AGE GROUPS: (Boys and Girls)

Division 1 (3<sup>rd</sup> - 5<sup>th</sup> Grade) 6:00 - 7:00 PM

Division 2 (6<sup>th</sup> - 8<sup>th</sup> Grade) 7:00 - 8:00 PM

Division 3 (High School) 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: (16 Total Sessions): \$200 (\$12.50 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**

**ALL CLINICS ARE HELD AT GOING VERTICAL**

10700 Sapp Brothers Drive, Omaha, NE 68138

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