

GOING VERTICAL BASKETBALL ACADEMY

Fall Skill Development Program

DATES: Monday and Wednesday Nights

** Sunday is an alternative night in case you can't attend one night during week **

September 14th, 16th, 21st, 23rd, 28th, 30th October 5th, 7th, 12th, 14th, 19th, 21st, 26th, 28th November 2nd, 4th

AGE GROUPS: (Boys and Girls)

Division 1 (3rd - 5th Grade) 6:00 – 7:00 PM

Division 2 (6th - 8th 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): \$240 (\$15 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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