

GOING VERTICAL BASKETBALL ACADEMY

SPRING Skill Development Program

10-Week Skill Development Program beginning the week of March 15th

Session 1 – Monday and Wednesday Nights

Session 2 – Tuesday and Thursday Nights

(Make up sessions are Sunday nights if you are unable to attend one night during week)



AGE GROUPS: (Boys and Girls)

Division 1 (K – 2nd Grade) 5:00 – 6:00 PM

Division 3 (6th - 8th Grade) 7:00 – 8:00 PM

Division 2 (3rd - 5th Grade) 6:00 – 7:00 PM

Division 4 (High School) 8:00 – 9:00 PM

PROGRAM FEATURES:

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

COST: (20 Total Sessions): \$280 (\$14.00 per session)

- Limited to first 25 registrations in each Division/Session - \$35 Multi-Child Discount

- \$20 off for Returning Players (One time only) - 8-10:1 = Player to Coach Ratio

CALL TO REGISTER: 402.392.1889

10700 Sapp Brothers Drive, Omaha, NE 68138

Follow us on Twitter and Facebook - @GVBAcademy