OVERVIEW

Prolific Prep has become the GOLD STANDARD for Basketball Excellence in developing the individual and team player. In just four years, PP was able to produce 3 NBA Players, 3 McDonald’s All-Americans, and over 20+ D1 Athletes. As a result, Prolific Prep is happy to announce the Prolific Summer Academy for aspiring players all around the world.

Prolific Summer Academy offers a place where athletes eat, sleep and train! It includes a boarding facility, in house cook and supervision, with a top basketball staff. All of this located on one campus. Our highly structured training schedule includes over 6 hours of player development each day, enabling athletes the ability to maximize their focus and their results.

Prolific Summer Academy is for players ages 12 and up. Younger prospects will need to sign up for our ProlifIQ Training Summer Program. Email for more details for the ProlifIQ Summer Program.
What separates Prolific Academy from its competitors? It is very simple: Prolific Prep’s heavy focus on skill development and getting results. Prolific Academy is dedicated to bringing the most progressive, functional, yet intense skill training court workouts to its players. Jeremy Russotti (Founder of Prolific Academy) is considered by many to be one of the brightest and most innovative basketball minds in the game today. Through his "Hybrid Relevance Training Curriculum", Jeremy and his staff are magical in producing quick results in a short period of time, working with many top NCAA and NBA clients. Prolific Academy dedicates heavy attention to on-court training, focusing primarily on offensive separation and consistent shooting, all skills that help players reach their utmost potential.

Prolific Academy has officially partnered with Franco Fitness for its summer training programs. Franco Fitness, owned by Ignacio Franco, is a state of the art, 8,000 square foot facility located a half mile from the Prolific Prep gymnasium and boarding facility. Says Founder Jeremy Russotti, "Synchronizing up with Franco Fitness is going to really take our programs to the next level. The expertise and knowledge by Nacho and Jon is second to none. These guys flat out get results and keep us healthy."

Heading the Summer Programs Strength and Conditioning program is Jon McCall. Jon brings basketball on court experience to our programs, focusing on explosion, injury prevention, and muscle balance. His previous work with some of our players has proven how important he is to the success for our program and its players.
OUR LEADERSHIP TEAM

**JEREMY RUSOTTI**
- Founder Prolific Prep
- Founder JR Basketball Euro Camp
- Founder Green Room Training
- CEO Global Sports Innovation (Inventor of J-Glove, J-Strap, V-Bands, O-Bands, T2G Golf Aid)

Jeremy is widely considered one of the top Skill Development Trainers in the world today. Also, he founded Prolific Prep, which is a top 5 National Prep School (USA). Furthermore, Jeremy is the inventor of the J-Glove Shooting Aid, J-Strap, V-Bands (Velocity Bands), O-Bands (Overload Bands), T2G Golf Aid, and Millennium Series DVD Series.

**PHILIPPE DOHERTY**
- Director of Operations/Co-Director Prolific Prep Academy
- Former D1 Assistant Coach at University of San Francisco: Former D1 player (Santa Clara University)

Philippe is the heartbeat for Prolific Prep, as the director of operations and Co-Director for the entire program. He is a former member of Two WCC Championship teams in 1995-1997 at Santa Clara University with future NBA Hall of Famer Steve Nash. After his playing career, Philippe was on the coaching staff from 2002-2006 at the University of San Francisco. He has coached over 90 players whom went on to the D1 level, 4 NBA players, and another 6 athletes that had careers in the NFL.

**ELIMANE DIALLO**
- GSP Assistant Coach
- House Leader for Prolific Prep/GSP House
- Skill Development Specialist

Elimane Diallo is a Sacramento native that has an immense passion for the game of basketball. He is an ultimate student of the game and has always been considered a basketball savant amongst his peers. After graduating from Franklin High School in Elk Grove, CA in 2007, he received a scholarship to play Basketball at NCAA D2 University Notre Dame De Namur located in Belmont, CA. He would go on and finished his collegiate career at the University of Waterloo located in Toronto, Canada, in 2014 where he received his degree in Psychology. Elimane is a vital piece for the Prolific/GSP program. He

**RYAN SYPKENS**
- Played at UC Davis
- Played professionally in Colombia, South America, and Japan
- Led NCAA in 3-point Percentage his Junior Season

Directly following his high-school career, he enrolled into UC Davis and worked his way into the starting line-up a few games into freshman season. He then went on to break the single-game, single-season, and career three-point record at UC Davis as well as the Big West Conference all-time career three point record while leading the nation in three-point percentage his Junior campaign. Following his career at UC Davis, he went on to play professionally in Colombia, South America and Tokyo, Japan.

**JON MCCALL**
- Certified National Exercise & Sport Exercise Assoc.
- Strength & Conditioning Coach Prolific Prep

Jon McCall comes to the Program with 10 years of Strength & Conditioning Experience. Jon is a Fairfield Native who played at Armijo High School before playing 2 years at Solano Community College. Currently, he is Certified in the National Exercise & Sports Exercise Association but a lot of his Expertise comes from his own passion and ambition to learn everything he could about the body & how it functions. Furthermore, Jon has learned not only to how to build the body up but also how to help the body recover after the strenuous workouts or parts of the season.
LOCATION: NAPA VALLEY

Each year, tourists from around the world make the Napa Valley their destination. The valley is one of the premier wine regions in the US. Visitors come to experience breathtaking views and landscapes, sample premium California wines, dine at fine restaurants and stay at world-class accommodations. The City of Napa, population 85,000, has all the conveniences of modern day living with the charm of a medium sized American community. The downtown area has become a gathering point for both tourists and locals, as are the other quaint communities in the Napa Valley.

The City of Napa is conveniently located just 47 miles north of San Francisco. Getting to San Francisco is easy by car, bus, ferry, or the Bay Area Rapid Transit (BART train). This location provides guests and residents the beauty of the country with

BOARDING HOUSE

Prolific Summer Academy offers a large amount of our overnight campers a true boarding experience. Located 30 yards from the gym, the "PP House" is comprised of both domestic and international students from around the globe. A student-athletes who participate in the boarding program will experience:

- Safe 5 bedroom home with on-going adult supervision
- Home cooked meals (3-per day, 5 days per week)
- Wireless internet access
- On-site laundry facility
- Access to bicycles for local transportation
- Located 30 yards from the Gym

ProlificSummerAcademy@gmail.com
TRANSPORTATION

Prolific Academy camps offers group transportation with our 23-passenger bus we have on campus. Our program provides the opportunity for large groups to take sightseeing or adventure trips to the San Francisco Bay Area, Los Angeles, or NBA Summer League in Las Vegas. Our program can build any non-basketball related events upon request. the excitement of the city just an hour away.

EXTRA CURRICULAR ACTIVITIES

Prolific Summer Academy is located in Napa, CA. The City of Napa is conveniently located just 47 miles north of San Francisco. This location provides guests the beauty of the country with the excitement of the city just an hour away. Some of the areas clients/teams are able to set up visits while visiting California include: San Francisco, Alcatraz, Six Flags Amusement Parks, Disneyland, or NBA Summer League, etc. Extra Curricular Activities or Sightseeing can be set upon request.

ENGLISH SECOND LANGUAGE CLASSES

Prolific Summer Academy also offers overseas groups to take English Second Language (ESL) Classes while in the United States. Coming to the USA to learn basketball is a great experience, but utilizing local experts in learning the English Language is another great benefit at Prolific Summer Academy.

Prolific Summer Academy staff is located on campus and can be created for your schedule upon request.

ProlificSummerAcademy@gmail.com
SAMPLE DAILY SCHEDULE

8:30-9:00am  Breakfast
9:30am-11:30am  Skill Workout #1:  Total Skill Work
12:00pm-1pm  Lunch
2pm-3pm  Rest and Recovery
3pm-4pm  Strength and Conditioning Workout
4pm-6pm  Rest and Recovery
6pm-7pm  Dinner
8:00-9:30pm  Skill Workout #2:  Shooting Focus/Games
11pm  Lights out

*Strength and Conditioning classes are Monday through Thursday.

PRICING

FULL BOARDING
- 5 Days Per Week Training
- Skill Workout (2x per day)
- Strength & Conditioning
- Overnight Boarding
- Meal Plan (5x a week)
  1-Week:  $1,250
  3-Week:  $3,500
  5-Week:  $5,000
  +$30 Equipment/Gear Fee
  *Customer Plans Upon Request

COMMUTER
- 5 Days Per Week Training
- Skill Workout (2x per day)
- Strength & Conditioning
  1-Week:  $550
  3-Week:  $1,350
  5-Week:  $2,250
  +$30 Equipment/Gear Fee
  *Customer Plans Upon Request

PARTIAL DAY (COMMUTER)
- 5 Days Per Week Training
- Skill Workout (1x per day)
  1-Week:  $175
  3-Week:  $450
  5-Week:  $625
  +$30 Equipment/Gear Fee
  *Customer Plans Upon Request

*Custom Programs Upon Request

*Walk up rates for single days are allowed

Contact:  (707) 849-1212
Email:  ProlificSummerAcademy@gmail.com