

Prepare for the upcoming season!

# FALL SKILLS ACADEMY



## FALL SKILLS ACADEMY & Performance Training INFO:

- Choose the days that work best for your schedule! Sunday sessions PLUS weekday sessions offered!
- Add Performance Training on Sundays for comprehensive program! Boys & Girls!

❖ **Location:** Charlottesville HS

❖ **SUNDAYS (Sept. 30 - Nov. 4)**

Skills Training (Grades 1 - 3, 4 - 6): 2:00 - 3:15 pm

Performance Training (Grds 4 - 12): 3:30 - 4:15 pm

Skills Training (Grades 7 - 9, 10 - 12): 4:30 - 5:45 pm

Pick-up, full-court 5-on-5 (grades 7-12): 6:00 - 7:15 pm

❖ **WEDNESDAYS (Greer), THURSDAYS (Jouett)**

Skills Training (Grades 4 - 12): 6:30 - 7:45 pm

❖ **Cost:** Choose the dates that best suit your schedule. Naturally, the more basketball instruction a student receives, the more improvement he/she will experience.

### BASKETBALL SKILLS SESSIONS:

1 session:	\$25.00	8 sessions:	\$165.00
2 sessions:	\$45.00	9 sessions:	\$180.00
3 sessions:	\$65.00	10 sessions:	\$195.00
4 sessions:	\$85.00	11 sessions:	\$205.00
5 sessions:	\$105.00	12 sessions:	\$215.00
6 sessions:	\$125.00	13 sessions:	\$225.00
7 sessions:	\$145.00	14 sessions:	\$235.00

### PERFORMANCE TRAINING SESSIONS (Sundays):

Add \$12.50/session

- Performance Training includes speed, agility, conditioning, balance & strength (combined with skills sessions, performance training maximizes results)

### PICK-UP 5-on-5 (Sundays):

- FREE! For Skills Academy registrants
- \$5.00 for all walk-ups!

### Why should I sign up for a basketball "academy"?

Skills academies are designed to continue the learning experience in the pre-/post-season through top-notch, professional basketball teaching. These academies provide a structured environment for skill development, as well as a means for young players to learn more about the game. More specifically, these academies are designed primarily as a means of PREPARATION for the up-coming season, evaluations/tryouts and developing skills.

### Who conducts these sessions?

VABA's professionally-trained "Lead Instructors" all basketball skills sessions.

Sport Performance Training sessions are conducted by Chad Powlovich, VABA's Director of Sports Performance. Please learn more about Coach Powlovich and our entire "VABA TEAM" on our website.

**Limited space, so sign-up today! When full we will close registration.**  
**For more info, call 434-305-2154, or visit [www.PlayVABA.org](http://www.PlayVABA.org)**

