



HIGH SCHOOL HOOPS FALL TRAINING



Start preparing for your basketball season this fall! Athletic Evolution, **AE**, in conjunction with NIKE SPARQ Training, is offering a unique basketball program this fall that combines off-court NIKE SPARQ Training to improve speed, agility, explosiveness, and conditioning, with on-court skill development to make sure you are fully prepared for your high school basketball season this winter. This intense program will give high school basketball players the workout regimen that they have been looking for to take their game to the next level. Take advantage of this one of a kind opportunity to get a leg up on the competition and enter tryouts a step above everyone else! Through **AE's** use of the groundbreaking SPARQ Training methods, along with high-level basketball skills instruction, you will give yourself the best chance possible to make a great impression with your coaches.

When: September 21st – November 20th (9 weeks)

Group 1 – HS Boys (limited to 8 athletes)

Tuesdays – 7:00pm-9:15pm (off-court and on-court)

Thursdays – 7:00pm-8:30pm (off-court only)

Saturdays – 10:00am-11:00am (on-court only)

Group 2 – HS Girls (limited to 8 athletes)

Tuesdays – 7:00pm-8:30pm (off-court only)

Thursdays – 7:00pm-9:15pm (off-court and on-court)

Saturdays – 11:00am-12:00pm (on-court only)

*** Actual times subject to change**

Where: Athletic Evolution – 78b Olympia Avenue, Woburn, MA 01801

Cost: \$849

PROGRAM INCLUDES:

Off-Court Training – 1 hour 30 minutes

- ✓ 45 minutes of Nike SPARQ Training – speed, agility, explosiveness, conditioning
- ✓ 45 minutes of core, explosive development, strength, flexibility & injury prevention exercises

On-Court Training – 45-60 minutes

- ✓ Personalized attention from experienced instructors to hone your skills
- ✓ Ball handling, shooting, rebounding, defensive positioning, etc.

Sign up for this program at www.athletic-evolution.com/register or give us a call with any questions



Athletic Evolution is Nike's preferred athletic enhancement training center in the Northeast



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www.athletic-evolution.com