

Do you love basketball and want to improve your skills?

Becky Allen's Basketball School for Girls



Junior Elite Program Girls Ages 11—14

8 week program ▪
1 hour/twice weekly
sessions:

\$399

The next session is starting
in May. Spaces are limited.

BECKY ALLEN'S BASKETBALL SCHOOL

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Whatever your basketball goals are, we will help you reach them!

Keeping a low coach/player ratio, we ensure each player receives individual teaching that provides **noticeable and tangible** improvements.

Each clinic caters to the skills and experience of each player. Our clinic complements the coaching you may already be receiving and will work to improve your vital fundamental skills such as:

Shooting, Passing, Dribbling and 1 on 1 Fundamentals. We focus on position-specific training to make YOU the best basketball player you can be.

Each player also receives a **customized training program** designed individually for her by a certified personal trainer. This program compliments her specific needs. The personal trainer teaches each player a program which includes: **plyometrics, speed and power training and core strengthening.** With this program you will surely jump higher, be quicker, run faster and longer!

We ensure a safe and welcoming environment for all players. Let's have fun and make you the best basketball player you can be!

Coach Becky Allen