

# Boys Basketball Summer Academy 2019



The Boys Basketball Summer Academy is a fundamentals/skills/agilities and weight training academy specific to boys basketball. Any interested male basketball player entering grades 9<sup>th</sup> through 12<sup>th</sup> are eligible. The cost for the academy will be \$40 per player and will include the workouts and a t-shirt. In conjunction with the Academy; Boys Basketball will be sponsoring a 10,000 shot club for the summer. ANY player that reaches the 10,000 shot mark will also receive a 2<sup>nd</sup> t-shirt as well.

The dates and times for the Academy are listed below. Attendance is not mandatory for each day, but EVERYDAY you are present helps us as a team get better.

## MAY

**Dates:** Tuesday May 28-Thursday May 30<sup>th</sup>

**Times:** 7am to 9am

## June

**Dates:** Jun 4-6, 11-13, 19-21, 25-27

**Times:** 7am to 9am

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*Contact Coach Traxler Directly at [traxlern@msdr9.org](mailto:traxlern@msdr9.org)*

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\*\*\*\*Important dates that coincide with our Summer Academy.

We will host our Junior Tigers Basketball camp from June 3<sup>rd</sup> through June 6<sup>th</sup>. This camp is attended by student athletes ages incoming 1<sup>st</sup> grade through 8<sup>th</sup> grade for 2019. It is 2 sessions per day to include 1<sup>st</sup>-5<sup>th</sup> in the morning and 6<sup>th</sup>-8<sup>th</sup> in the afternoon. We highly encourage you to participate in that as a "Coach" for our young players.

We will also be attending the Lincoln, Illinois summer shootout and embark on our 8<sup>th</sup> annual camping trip in conjunction with the shootout June 14<sup>th</sup>-17<sup>th</sup>. This is a Varsity Level experience please contact the coaches about this trip. It is a great experience for players that are serious about Varsity Level basketball.

The academy will center around **3 distinct sections** per day. Each day the students will be put through a sport specific agilities program that includes **plyometrics**, footspeed drills, jump rope work and reflex training. They will also engage in **weight training**. The weight training will involve circuit training, muscle building (especially legs, and sport specific lifts for quick twitch muscle groups that aid a basketball player on the court. Finally the player will be put through the paces on the court strictly focusing on the **fundamentals of basketball**. (ball-handling, passing, footwork, shooting, spacing and execution of plays based on the reading of defender(s). This will include film study as well as working on strengthening individual and team basketball IQ).