

IMPACT

BASKETBALL

CHANGING THE WAY YOU TRAIN

SPRING TRAINING CAMPS

COME TRAIN WITH THE PRO'S



**“IT’S MORE THAN A BASKETBALL CAMP,
IT’S A TRAINING EXPERIENCE THAT HAS CHANGED THE PATH OF MANY YOUNG
PLAYERS IN THEIR PURSUIT OF IMPROVING ON THE COURT.”**

Our athletes have access to the same unique training system that prepares stars such as Kevin Garnett, Chauncey Billups, and Al Harrington for the NBA season. The Impact Spring Training Camps offers an intense combination of basketball movement-based performance training, nutrition counselling, and on-court skill development. Experience and knowledge gained during an Impact Training Camp has proven to have had a profound positive long-term effect on a player's career.

PROGRAM HIGHLIGHTS:

Our goal is to ensure, through detailed and focus training, each student improves on weaknesses while honing strengths and conditioning their body to perform at their peak all season long.

- Player specific skill development through on-court workouts in small groups.
- Intense drilling in game situations to improve game performance from the same trainers who prepare the best in the NBA throughout the season.
- Detailed instruction on maximizing opportunities on the floor during games.
- Intense performance training to improve speed, balance, flexibility, explosiveness, functional strength, and overall athleticism.
- Impact Performance Training specifically targets the needs of an athlete that directly translates into improved performance, more daily energy, improved body composition, and overall better health.
- Education on how to recover faster and more effectively throughout the season.
- Sport nutrition and hydration education and strategies.

SIGN UP NOW !

**ONLY ONCE A YEAR.
PLACES LIMITED, DON'T MISS OUT,**

Presented in conjunction with the Nike Foot Locker
All Australian Basketball Camps. Register Online at
www.allausbasketballcamp.com
Or Call (03) 9415 6112



SPRING TRAINING SESSIONS INCLUDE

- Athletic training, therapy, and movement preparation
- On-court skill work
- Performance training sessions –
- Strength, movement, speed, quickness, agility – all basketball specific
- Nutritional Consultation and program design
- Athletic training, therapy, movement preparation
- On-court skills training/performance training
- On-court skill work in team settings
- Competition, 1 on 1, 2 on 2, 3 on 3, and 5 on 5 play
- Athletic training, therapy, and recovery

PRESENTED BY



US TOURS

PLACES ARE STILL AVAILABLE FOR OUR DECEMBER US TOUR. OUR TOUR WILL INVOLVE A TRAINING CAMP AT IMPACT ACADEMY FOLLOWED BY A SERIES OF TOURNAMENTS AND GAMES AGAINST QUALITY US HIGH SCHOOL & PREP COLLEGE TEAMS. IDEAL FOR 18-19 YEAR OLDS LOOKING TO IMPROVE THEIR GAME AND OBTAIN EXTENSIVE COLLEGE SCHOLARSHIP EXPOSURE. VISIT

www.allausbasketballcamp.com

VENUES:

SYDNEY - THORNLEIGH STADIUM "BRICKPIT" SEPTEMBER 28th –30th Noon till 4:30pm \$180.00
MELBOURNE - DANDENONG STADIUM OCTOBER 3rd - 5th 10:00am till 3:30pm \$180.00

FOR BOYS 15 to 19 YEARS OF AGE

BASKETBALL CAMP REGISTRATION

Register online at www.allausbasketballcamp.com OR call (03) 9415 6112 OR fill in the below form and post to PO Box 4116, Balwyn East Vic

I wish to attend the _____ CampName _____

Age _____ Birth date ____/____/____ Shirt Size S M L XL XXL

Address _____ City _____ State _____ Post code _____

Parent/guardian name _____ Phone (Mbl) _____ Phone (h) _____

Email _____ School Attended _____ Year _____

Is there any medical condition or allergies that our coaches should know about? _____

Payment enclosed: \$ _____ Please make your cheque payable to Australian Basketball Services Pty Ltd.

Card Payments: Cardholder name: _____ Card No: _____

Expiry Date: ____ / ____ (Month / Year) MasterCard / Visa Only . I give permission for my son / daughter to attend the Impact /All Australian Basketball camp. I understand that the camp organizers will make every effort to ensure the safety of my child. I will not hold them responsible for any injuries that occur during the camp. Any images taken can be used for future promotional use.

Signature: _____ Date _____