



Take your game to the ELITE Level!

To become a better basketball player you must dedicate the time and effort to do the things that will help you improve. The extra time you spend in the gym will help you attain the goals that you are aiming for. Whether it is making varsity, landing a college scholarship or playing professionally, **ELITE TRAINING** is for you.

Athleticism *can* make you a competitive player, but being fundamentally sound *will* make you a complete player. It is important to evaluate your skill level and determine what goal you want to achieve as a player. Since everyone's goals are different, our personal training sessions are designed to give each player the individual attention needed to improve their basketball ability and take their game to the next skill level.

Sessions focus on identifying weaknesses and developing strategies and drills. Each workout will focus on punishing weaknesses while strengthening existing abilities in order to meet individual goals. Sessions are intense and the athlete is pushed hard to accomplish their goal of improving their skills to get to the level.

Camp Highlights:

- **Dramatically improve your overall game**
- Intense ball handling
- Learn to beat the defender off the dribble
- Skill development stations
- Learn how to "Create your own shot"
- Proper shooting mechanics
- Learn to build confidence and skills to play at the next level

Location: Masters Academy

Time: Saturdays 2:00pm-5:00pm (Log on to www.cydcbasketball.com for complete schedule)

Cost: 10 Sessions \$125.00

Dates: January 19th, 26th, February 2nd, 9th, 16th March 1st, 8th, 15th, 22nd April 5th

CYDC ELITE Training is the most complete basketball training program in Calgary!!

Contact us today and start taking your game to the ELITE level!!!

For more information on all CYDC Program give us a call at 257-0194 or email us at cydc@shaw.ca

*Note: The Elite program will run on Saturdays from January 19th 2008-April 5th 2008
Bring your own basketball*