

JOHN HEGWOOD ELITE TRAINING

*Turn your weaknesses into strengths and
your strengths into weapons.*

John Hegwood Elite Basketball Training is an individual training program designed to improve your skills. The extra time you spend training can help you make the team, propel you ahead of others, or set you apart as a top notch player.

Athleticism can make you a competitive player, but being fundamentally sound will increase your versatility and value. It is important to evaluate your skill level and set the goal you want to achieve as a player. Each individual has different goals and needs so these training sessions are designed to improve your basketball ability and take your game to the next skill level.

Training sessions focus on identifying weaknesses, developing strategies and drills, and developing proper training habits. Individual workouts will improve strengths and minimize weaknesses. Sessions are intense and you will be pushed hard to accomplish your goals, improve your skill level, and develop confidence and consistency in your ability.

John Hegwood Elite Training Hourly Rates

	CYDC Panthers	Non-Member
Individual *	\$120	\$140
2 Players *	\$65	\$80
3-4 Players *	\$45	\$65
Team	\$200 (90 minutes)	\$250 (90 minutes)
Mini Camps	Available upon request	
*Hourly rate per person		



John Hegwood

CYDC Panthers President &
Calgary Elite Director of Basketball Operations

Personal Training

1-on-1
Partner
Small Group
Team

- ✓ defensive moves
- ✓ offensive moves
- ✓ catch and pivot
- ✓ attacking the basket
- ✓ ball handling
- ✓ low post moves
- ✓ free throws
- ✓ movement with and without the ball
- ✓ shooting with and without the dribble
- ✓ quickness
- ✓ stamina
- ✓ videotape analysis



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403-852-8031
john.hegwood@cydcbasketball.com
www.cydcbasketball.com