



2019-2020

PERSONAL TRAINING | SMALL/FULL GROUP TRAINING | TEAM TRAINING

BASKETBALL ACADEMY OF EXCELLENCE





Our Mission

SKILLS, CONFIDENCE, & KNOWLEDGE OF THE GAME

Our mission at the Basketball Academy of Excellence is to help players develop individual skills, build confidence as a player and teammate, and to increase players' overall knowledge of the game, ultimately leading players to achieving their highest player potential.

Under the leadership of Coach Jamal K. Atkins, the entire BAE coaching staff is equipped with the necessary tools to provide each player with an intensive, progressive based curriculum. We are highly trained professionals that are prepared to guarantee each player receives a specifically designed program based on each individual's/team's need.

We, as a staff, are committed to teaching, guiding, leading, challenging, and developing players and we are committed to ensuring that each player goes through our program leaving with a transformative, and overall, positive experience.

Our Sessions

Our sessions are specifically designed for each individual player/team. Our sessions typically run from about 60-120 minutes, depending on the skill level, age, and curriculum.

While we accept all registrations, we recommend at least 5 sessions for us to have the most effective impact on player development and real results.

Every player will be evaluated by at least two of our coaches and every player's performance and progress will be tracked and charted throughout the program.

- **Personal Training** - 1 on 1 training to maximize fundamental skill development.
- **Small/Full Group Training** - Skill development with situational group competition and drill variations. (Small: 3-5 players; Full: 6-10 players)
- **Team Training** - Maximizes development of individual skills within a team environment based on team's concepts and culture.



Our
SESSIONS

Our Elite Athlete Training

The Elite Training Program is designed to prepare our athletes to compete at a higher level of competition through intensive, advanced sports performance training. We cover speed, strength, agility, explosiveness, and conditioning to provide athletes with the tools to take their performance to the next level.

Athletes that go through these programs will receive a one-on-one consultation with our training and coaching staff. During this consultation, our staff will discuss athlete's personal goals and conduct a movement screening with a sports therapist to identify any movement dysfunctions, limitations or injury risks.

We will then assess athletes through a series of workouts to determine short-term growth potential and to develop a plan for long-term advancement.

- **Speed Agility and Conditioning (SAC)**
- **Strength Development Training**



Our Elite TRAINING

Our Elite Training Programs combine physical training, nutrition, and physical therapy to ensure optimal performance for athletes in their respective sports.

These programs also provide athletes with important life skills development, which we believe to be a foundational component to an athlete's overall success and performance.

TRAINING FEES

Personal Training

(1.5 - 2 hours) K350.00 Single Player
(+ K195.00 for player two).

Small Group (3-5 players)

(1.5 - 2 hours) K175.00 per player.

**Saturday morning Basketball 101
Sessions fall under small group pricing**

Full Group (6-10 players)

(2 - 2.5 hours) K125.00 per player.

Elite Athlete Training

Consultation required. Please contact
for more details.

MEMBERSHIP/PACKAGES

Saturday Morning Basketball 101 Packages

Monthly - K600/month, 4 total sessions, 1 per week (4 weeks)

Quarterly - K1680, 12 total sessions, 4 per month (3 months)

Annual - K6240, 48 total sessions, 4 per month (12 months)

Full Monthly Membership

K1470/month, 12 total sessions, 3 per week (4 weeks)

Also includes 30% discount off "per session" training and an e-book for skill building and personal workouts

Full Quarterly Membership

K4095, 36 total sessions, 12 per month (3 months)

Also includes additional 5% discount off "per session" training, e-book, access to camps or competitions during the paid period, and a free BAE t-shirt

Full Annual Membership

K14700, 140 total sessions, 36 per quarter (4 quarters)

Also includes additional 5% discount off "per session" training, e-book, access to camps or competitions during the paid period, and free BAE full membership kit (bag, t-shirt, polo shirt, towel)



our **VALUES**

LEADERSHIP | DISCIPLINE | DEDICATION | DETERMINATION | HARD WORK |
RESPECT | MOTIVATION | TEAMWORK | RESPONSIBILITY | HEALTHY COMPETITION



AT THE BASKETBALL ACADEMY OF EXCELLENCE...

we understand that there is a direct correlation between success in sport and success in life. Our aim is to help our students put the building blocks in place to lead a healthy life through sport!



A **VISION** without **ACTION**
is just a *dream.*

An **ACTION** without
VISION
is merely a passing of time.

BUT a **VISION**
WITH **ACTION...**
can change the world.



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