



Schooler Training 1st annual Basketball Camp Summer 2012 McDermont Field House
JUNE 6th - 8th

Schooler Training basketball camp is the place for the basketball athlete. We provide a sports training program, expert coaching and the latest in basketball skill development, team skill development, controlled competitive play, conditioning, strength conditioning, sports nutrition, supplements, and recovery therapy, all in a high energy environment. Every person who participates in Schooler Training is trained and treated like an elite athlete.

Schooler Training's intense, motivating atmosphere is designed to push athletes to their full potential.

Schooler Training places a strong emphasis on developing positive character, core values and self-esteem. Ingrained in every workout are character-building activities that exemplify the true spirit of Schooler Training.

LEARN THE FUNDAMENTALS:

- Ball-Handling Development - Shooting Development - Team Concepts - Defensive Development
- Position Development - At home ball handling workouts - Establish Core Strength and Flexibility
 - Strength Training Preparation through the Utilization of Body-weight
- Exercises and Basic Weight Lifting Skills - Institute Speed, Plyometrics and Conditioning Bases
 - Instilling a Healthy Lifestyle Including Nutrition and Supplements - Learn 1 on 1 moves
- Acceleration Skills - Velocity Skills - Functional Strength Exercises - Learn Strong Passing Skills
- Game Strategy/Scheme – Rebounding - Decelerating Skills to Prevent Injury - Stretching Techniques
 - Preparing for Season, Offseason, Postseason Training - Recovery (Rest, Ice, Fuels)
 - Goal Planning - Follow Thru

Schooler Training is Jennifer Schooler. A former D1 Basketball Athlete who understands what it takes to achieve success as a player and coach. Jennifer is a graduate of The University of Idaho where she started as a point guard for 2 seasons. Jennifer has a passion for basketball, training and giving your absolute best. Jennifer's fundamental goal is to teach the fundamentals of basketball, character building, advanced sports training and creating a nutrition plan specifically for an athlete. Jennifer was a high school standout at Wenatchee High School in Wenatchee Washington. Jennifer went on to be an All-Star at Wenatchee Valley Community College as a standout point guard making it to the NWAACC Championships twice and receiving All-Star selection. From Wenatchee Jennifer went on to start for The University of Idaho. After graduating with a BS in Psychology she went on to coach for several high schools until she was offered a head coaching position with the Edmonds Community College in Lynnwood, Washington just outside of Seattle. In Jennifer's second season she turned a winless program around and made it to the NWAACC Tournament and was voted coach of the year by her peers. Jennifer didn't stop there, her passion for playing hadn't ended and she was invited to tryout for the WNBA LA Sparks in 2011 at the age of 30. Jennifer shares her passion, stresses commitment, preaches fundamentals and demands hustle. Above all, she pushes her players to believe in themselves and each other

Come prepared to give every ounce of everything you have each and every day.

Come with a positive and focused attitude.

Be prepared to work harder than you have ever worked before.

Camp times:

June 6th 9am-12pm back at 2pm-5pm

June 7th 9am-12pm back at 2pm-5pm

June 8th 9am-1pm

Groups:

(Determined by 2011-2012 School Year)

Rookies 2nd-4th Grades (Morning Sessions Only, Before May 1st \$75- After May 1st \$100)

Developmental 5th-7th Grades (Before May 1st \$150.00- After May 1st \$200)

College Prep 8th-12th Grades (Before May 1st \$150.00- After May 1st \$200)

9am-10:30am warm up drills and skills on turf/court

2-3pm weight room tour and basic weight room skills

Things you will need to bring:

EQUIPMENT:

Each camper should bring basketball shoes and dressed to play

TRAINER INFORMATION:

Taping will be available. Come early if you require taping.

Ankle Braces are strongly recommended

