



4050 Georgetown Road
Lexington, Kentucky 40517
The Home of Hoop Dreams Basketball!

Phone: (859)-492-7189
Email: info@hoopdreamers.com
www.hoopdreamers.com

Private and Small-Group Basketball Training

About the Training:

To become better you have to dedicate time to doing the things that will make you better. The extra time you spend in the gym can help you make the team, propel you ahead of those who play in front of you, or it can set you apart as one of the best players in the city or your conference. Athleticism can make you a competitive player, but being fundamentally sound can increase your versatility and value. It is important to evaluate your skill level and determine what goal you want to achieve as a player (i.e., make the team, start varsity, play college basketball, etc...). Since everyone's goals are different, our one-on-one 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 in an individual workout that will improve and punish each weakness while strengthening existing abilities in order to meet individual goals. Sessions are intense and the player is pushed hard to accomplish their goal of improving their skill level.

From defense to offense, the player is evaluated and given instruction so they can progress and improve. Catch and pivot, free throw shooting, defense, ball-handling, quickness, stamina, movement without the ball, shooting with and without the dribble, low post moves, as well as other aspects of the game of basketball are evaluated and improved upon each training session. Sessions are personal and designed to take the time allotted to improve that player's skill level and develop confidence and consistency in their abilities so they can advance in the game of basketball, and meet their personal basketball goals.

Other basketball training aids are also utilized by our instructors to help accelerate a solid fundamental base, greater skill development, and/or greater workout intensity.

Objectives:

Players will be able to demonstrate the following:

- ❖ Mastery of individual and team skills necessary to participate in games at the appropriate level.
- ❖ Knowledge of the offensive and defensive patterns of team play to successfully participate in games at the appropriate level.
- ❖ Comprehensive knowledge of the rules and ability to quickly apply the knowledge during competition.
- ❖ Knowledge and practice of good nutrition and health, improved strength through training methods, and the endurance necessary to play hard through practices and competition.
- ❖ The ability to psychologically prepare for competition and to evaluate themselves based on performance rather than outcome.
- ❖ The ability to enhance the self-worth of teammates, opponents, coaches, officials and self.



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Hoop Dreams Registration Form

Semi-Private Instruction

- Cost: \$45.00 per session "Pay as you Go"
- Purchase 4 sessions upfront - \$40.00 ea./\$160.00
- Purchase 8 sessions upfront - \$35.00 ea./\$280.00
- Purchase 12 sessions upfront - \$30.00 ea./\$360.00
- Purchase 16 Sessions upfront - \$25.00 ea./\$400.00

Private Instruction

- Cost: \$100.00 per session "Pay as you Go"
- Purchase 4 Sessions upfront - \$85.00 ea./\$340.00
- Purchase 8 Sessions upfront - \$75.00 ea./\$600.00
- Purchase 12 Sessions upfront - \$65.00 ea./\$780.00
- Purchase 16 Sessions upfront - \$55.00 ea./\$880.00

Days and Times for Skill Instruction – PLEASE CHECK ONE:

- | | |
|--|------------------------|
| <input type="checkbox"/> Tuesday Evenings | 6:00 P.M. – 7:00 P.M. |
| <input type="checkbox"/> Thursday Evenings | 6:00 P.M. – 7:00 P.M. |
| <input type="checkbox"/> Sunday Mornings | 11:00 A.M – 12:00 P.M. |
| <input type="checkbox"/> Sunday Afternoon | 2:00 P.M. – 3:00 P.M. |

Please Print:

First Name (Applicant): _____ Last Name: _____ Birth Date: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Parent(s) Email: _____ Parent/Guardian Full Name: _____

(2) Parent/Guardian Full Name: _____ Name of School Attending: _____

Grade (rising): _____

****DISCLAIMER POLICIES****

All sessions must be used within exactly 2 MONTHS of purchase. If not redeemed, sessions will be forfeited. No exceptions.
 Cancellations are only accepted 24 HOURS prior to the scheduled instruction session. Cancellations are only accepted via phone. If there is no answer, leave a detailed message on the Hoop Dreams Voicemail. EMAILS will not be accepted. Make-up sessions due to cancellations will be rescheduled according to the availability of the instructor. There will be no refunds once a purchase has been made.

I have read the following disclaimer and respectfully agree to its' policies.

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____