

**ALABAMA BASKETBALL ACADEMY - [www.alabamabasketballacademy.com](http://www.alabamabasketballacademy.com)  
 2013 PRE-SEASON TRAINING WORKOUT SCHEDULE - AUGUST 19 - OCTOBER 11  
 14 WORKOUT OPPORTUNITIES**

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
NOON-1:00						8:30-NOON VERTIMAX	1/1 TRAINING VertiMax	ALL TRAINING IS AT THE SOUTHEAST YMCA - BACK GYM 1000 WEATHERLY RD. HSV, AL 35802  <b><u>NO TRAINING:</u></b> 9/2/2013 (LABOR DAY)
1:00-2:00						BASKETBALL EXPLOSIVE	1/1 TRAINING VertiMax	
2:00-3:00						TRAINING &	ADVANCED BASKETBALL	
3:00-4:00						PERSONAL TRAINING	SUNDAY SHOOTING	
4:00-5:00							BEGINNING BASKETBALL	
5:00-6:00							1/1 TRAINING VertiMax	
6:00-7:00	GIRLS HS/MS TEAM TRAINING	HS LEAGUE GAMES	GIRLS HS/MS TEAM TRAINING	BOYS HS/MS TEAM TRAINING				
7:00-8:00	BOYS HS/MS TEAM TRAINING	HS LEAGUE GAMES	BOYS HS/MS TEAM TRAINING	BOYS HS/MS TEAM TRAINING				
8:00-9:00	BOYS HS/MS TEAM TRAINING	HS LEAGUE GAMES	BOYS TM TRNG VertiMax	BOYS HS/MS TEAM TRAINING				

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as of 8.8.13

**BEGINNING BASKETBALL & ADVANCED BASKETBALL = 7 - 60 MINUTE TRAINING SESSIONS - \$175**

*During this hour, we will teach fundamentals in footwork, ball-handling/dribble moves, shooting technique, and play 2/2 & 3/3.*

**PERSONAL TRAINING = 60 MINUTES - \$95**

*Each session is tailored to the specific needs of the player. Must have a minimum of 6 sessions to lock in a time slot.*

**SUNDAY SHOOTING SESSION = 60 MINUTES - \$20**

*One hour of only shooting. We begin with Shooting Progressions and finish with game specific shooting drills- 200-300 shots*

**HS/MS TEAM TRAINING = 12 SESSIONS - CONTACT FOR AVAILABILITY AND RATES**

*Skill Development Training to prepare these players for the start of official School practices in October.*

**VERTIMAX EXPLOSIVE TRAINING = Each session = 30 mins. 1 player = \$25 ea, 2 players = \$22.50 ea, 3 players = \$20 ea**

*Strength and explosive training system used by Elite athletes and teams. Provides an intense, sport-specific workout using resistance bands.*