

ALABAMA BASKETBALL ACADEMY - www.alabamabasketballacademy.com

2011 MAY SKILL DEVELOPMENT SCHEDULE

MAY 2 - MAY 27, 2011 (8 Possible Workout Dates)

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00-4:00	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING		
4:00-5:00	BEGINNING BASKETBALL Skill Development Co-Ed	HIGH SCHOOL Skill Development GIRLS	BEGINNING BASKETBALL Skill Development Co-Ed	HIGH SCHOOL Skill Development GIRLS	PERSONAL TRAINING		
5:00-6:00	MIDDLE SCHOOL Skill Development Co-Ed	HIGH SCHOOL Skill Development BOYS	MIDDLE SCHOOL Skill Development Co-Ed	HIGH SCHOOL Skill Development BOYS	PERSONAL TRAINING		
6:00-7:00	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING			(6:15-7:15) AGES 13 & UP SHOOTING SESSION \$20 PER SESSION
7:00-8:00	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING			
8:00-9:00	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING			

as of 4-26-2011

Team Training - Rates based on number of players on team

CONTACT: COACH SCOTT STAPLER

Personal Training - \$75/hour

256.604.0101

Shooting Session - \$20 per session

scott@ababball.com

Skill Development Groups - 8 workouts - \$185

ABA 2010-11 SCHOOL YEAR MULTI-SESSION DISCOUNT - \$160