

# ALABAMA BASKETBALL ACADEMY - [www.alabamabasketballacademy.com](http://www.alabamabasketballacademy.com)

## 2014 FALL TRAINING SCHEDULE - AUGUST 17 - OCTOBER 4

### 16 WORKOUT OPPORTUNITIES


TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOON-1:00						8:30-NOON	Personal Trng/ VertiMax
1:00-2:00						These time slots will be used to set up	Personal Trng/ VertiMax
2:00-3:00		Make sure to check for the site of each activity. Each site is posted by the color code on the right -->				Personal Training, VertiMax, and	Personal Trng/ Conditioning
3:00-4:00						Specialized Sessions	SUN. SHOOTING (STARTS 9/7/14)
4:00-5:00							FALL MINI LEAGUE (4:00-5:15p)
5:00-6:00							Personal Trng/ VertiMax
6:00-7:00	GIRLS HS/MS TRNG TBA	FALL LEAGUE GMS FALL LEAGUE GMS	GIRLS HS/MS TRNG TBA	POST PLAYER TRAINING			
7:00-8:00	BOYS HS/MS TBA	FALL LEAGUE GMS FALL LEAGUE GMS	BOYS HS/MS TRNG TBA	BOYS HS/MS TRNG TBA			
8:00-9:00	BOYS HS/MS TBA	FALL LEAGUE GMS FALL LEAGUE GMS	BOYS HS/MS TRNG TBA	BOYS HS/MS TRNG TBA			

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as of 8.18.14

**FALL MINI-LEAGUE = \$25 PER SESSION - (Grades 3-4-5) - BEGINNING AUGUST 24TH, 2014**

*75 minute session each Sunday. Skill Development Training and then League games - 3/3, 4/4, 5/5.*

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

*Each session is tailored to the specific needs of the player. Must have a minimum of 3 sessions to lock in a time slot.*

**SUNDAY SHOOTING SESSION = 60 MINUTES - \$20 - BEGINNING SEPTEMBER 7TH, 2014**

*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 = \$50 ea, 2 players = \$30 ea, 3 players = \$25 ea**

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