



PRIVATE TRAINING (Individual & Group)

Private training sessions are an important tool for a basketball player to improve and build upon an individual skill set. Workouts are designed to identify strengths and weaknesses of a player's game, to build confidence through developing core fundamentals and to challenge a player so they may advance their skillset to the next level.

PRIVATE INDIVIDUAL INSTRUCTION

- Sessions are 60 minutes.
- Full payments must be made before the session begins
- Private lessons are scheduled on an appointment basis. (Each season the times we have available for private lessons change)
- Players will need to go through a FREE evaluation prior to being scheduled for private individual lessons.
- Players can request specific staff to work with, however the schedule for both player and trainer have to match up. If they do not, we will suggest another trainer to work with.

PRIVATE GROUP INSTRUCTION

- Sessions are 60 minutes.
- Full payments must be made before the session begins
- Athletes interested in group training must form their own small group. Our staff does not put the groups together.
- Private Group sessions are booked through appointment only. One parent will have to reserve the time slot and inform us as to how many players will be attending.
- Players can request specific staff to work with, however the schedule for both player and trainer have to match up. If they do not, we will suggest another trainer to work with.
- The rate will be based on the number of players who physically attend the session, not how many are reserved for the session. If one member of the group does not show up the rate will be revised accordingly.
- For your first time, you can call our office to explain your players' needs and we can suggest a staff member to work with (and also have them reach out to you!).
- Players may bring their own basketball.

Private Group Fees

- 1 athlete: \$60 for 55-60 minutes.
- 2 to 3 athletes: \$40/athlete
- 4 to 6 athletes: \$30/athlete

To schedule your assessment or to book a private group training session, please call (260) 479-2720 or email kbloom@lhn.net