



NORTHERN ELITE ACADEMY TRAINING

To advance your playing ability, you have to put in extra work away from your games that you play and the associated training sessions. To develop an edge, it is imperative the extra work you do is of an excellent quality. The N.E.A.T. Program will identify aspects to your game that requires improvement and put a plan in place to assist your development.

Venue – Diamond Valley Sports and Fitness Centre

- U/14s – Mon Morn @ **6.30am – 7.30am**
- U/16s & 18's - Tue Morn @ **6.30am – 7.30am**
- U/12s - Wed Morn @ **6.30am – 7.30am**

Coach – Alan McAughtry

- Australian Assist Coach 2009 – 2013 (U/17 & U/19 Men)
- VIC METRO & NPP Coach 2001 - Current
- FIBA Accredited Coach 2009 – Current

Program Includes

- 19 sessions of skill development – Footwork, Dribbling, Passing & Shooting
- Agility development
- Individual feedback throughout and at the completion of the 19 sessions
- Suited to Rep Level Players

Cost - \$300 + GST per person

Northern Elite Academy Training singlet can be purchased for \$45 (Recommended for new athletes to this program to purchase)

Program to start week beginning 28th April and finish 17th September 2014. We will break for the July school holiday period.

Places are limited. To register, please complete the Athlete information Form and return to the Diamond Valley Basketball Office including payment. Cheques can be addressed to DVBA or payment can be made over the telephone.