



## **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 Fitness & Leisure Center**

- U/14s & U/16's – Tues 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
- 2015 U20 Victorian Women's Head Coach

### **Program Includes**

- 21 sessions of skill development – Footwork, Dribbling, Passing & Shooting
- Agility development
- Individual feedback throughout and at the completion of the 21 sessions
- Suited to Rep Level Players

**Cost - \$315 + GST** per person

Payment can be made in full or by a weekly installment of \$16.50.

Weekly payments can be made by direct debit or an in office payment plan.

Call the DVBA office for more information on 9432 4720

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

**The program will start Tuesday 14<sup>th</sup> April 2015 and finish 15<sup>th</sup> September 2015.**

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.