



NEW 9-week Total Development Program For all aspiring athletes!



TD is something different; something more....

The program: The Total Development Program focuses on the importance of the healthy body/healthy mind connection & includes the individual body development & intensive skill development needed to excel in basketball. Through our professional coaches you'll learn how to practice with intensity while developing your basketball skills, focusing on individual offense and defense. Participants will learn all aspects of the game, sharpening skills for every position.

What's included?

- ✓ Intensive skill development
- ✓ Body development; strength and conditioning, stretching, explosiveness
- ✓ Taking care of your body; Guest Speakers
- ✓ Sport mental development workshops; Guest Speakers
- ✓ TD will engage young athletes three days a week which includes one day of intensive body workout/stretching.

Coaches: Vern Robateau & University/International pro players

Venue: Maroochydore Stadium/Good Life Recreation Buderim

Date: **June 19th to August 14th**

Time: Wednesday: 6am – 7.30am (Maroochydore stadium)
Friday: 6am – 7.30am (Goodlife recreational centre)

During school holidays Maroochydore trainings will be held at 10.30am to 12pm

Explosion/Core workout: TBA

Contact: totaldevelopmentprogram@outlook.com or **0459 708 461**

Cost: \$500.00 including a training jersey

27 sessions, equating to \$18.50 per session, limited spaces!

9 Weeks to the best version of YOU!