

FREDERICKSBURG HEAT BASKETBALL PRESENTS

DATE: 17 Sept 2013 to 31 Aug 2014



Success is where preparation and opportunity meet. — Bobby Unser



Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it. " — Michael Jordan



- Need a little more time in the gym developing your shoot? We have the gun 8000, designed to allow players to put up more shots from various places while getting feedback from trainer to create muscle memory that will last.
- Do you want to get faster, stronger, have more agility than your opponents? Vertimax training is known for its performance training and doing it right the first time.
- Do you want to get better at recognizing what to do in the games in an instant. Then come allow us to develop your skills. Skills are designed to provide each participant with what to do if a situation arises.



Developmental Training
Vertimax, Skills, & Shooting Training
Tuesdays & Thursday 7:00pm to 9pm
Bragg Hill Family Life Center

Package	One-Session	4-Session
Skills Training	\$20	\$75
Shooting Training	\$30	\$110
Vertimax Training	\$20	\$75
Combined Any Two (Vertimax, Shooting, or Skills Training)	\$45	\$175

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership



To register or for more information visit:
www.fredericksburgheat.com

