

NEW ENGLAND BASKETBALL ACADEMY ***NEBA WINTER TRAINING***

Starting December 2, 2009

Wednesday Night

Boys & Girls
5th – 12th Grade
6:00 – 7:30pm
Training & Conditioning
w/Chris Parsons –
Personal Trainer
Also Featured:
Scott Hazelton
Julie Tardif

Chris Parsons is a strength and conditioning coach and Exercise Physiologist who trains athletes in the areas of balance, coordination, flexibility, endurance, as well as speed and strength. By developing the above athletic qualities, Chris' objective is to prepare athletes for their athletic seasons while helping them prevent injuries that could take away athletic opportunities.

Sunday Night

Boys & Girls
5th – 12th Grade
6:00 – 7:30pm
Skills, Drills &
Scrimmages

Intense workouts stressing individual skills followed by competitive scrimmages. The Academy stresses basketball fundamentals often overlooked. The Academy teaches the principles of the game: improving each players basketball I.Q.; individual techniques, such as moving without the ball; proper shooting form; jump shot; defending on and off the ball and ball handling.

Featured Coaches:
Scott Hazelton
Julie Tardif



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