



XLR8 YOUR GAME

SPARQ BASKETBALL PERFORMANCE COMBINE

The Titans Basketball Club in conjunction with Winning Ways Southwest is offering an opportunity for young athletes to enhance their current sports specific skills and abilities. If you have the desire to train and become that "Go To" player contact the Titans Basketball Club for more information on this exciting program only offered by the Titans.

You will be instructed by the coaching staff of the Titans Basketball Club. With their numerous years of coaching and playing experience, to include the high school, collegiate and international level, participating athletes will benefit from their vast knowledge of the game. You will be trained on the latest techniques and equipment available to maximize your utmost performance. This is the same training provided to professional players within the MLB, NHL, NFL and NBA.

Training Sessions

- Male & Female MS/HS athletes
- Begins October 7, 2006 for 10 weeks
- Two training sessions per week
- Cost \$125
- Initial SPARQ Rating Test will be free

Areas of Focus:

- Mental Focus
- Core Strength
- Warm-up/Conditioning
- Essential Basketball Skills
- Reebok Shooting Clinic with SPECIAL GUEST BARRY MESTEL
- Speed/Quickness
- Agility
- Plyometrics
- Pre/Post SPARQ Rating Test **

What is a SPARQ Rating?: SPARQ stands for Speed, Power, Agility, Reaction and Quickness, five of the essential tools for superior athletic performance. SPARQ Training is the dynamic training method that incorporates the five testing components of the SPARQ Basketball Rating. The SPARQ Rating is a numeric value that gauges overall athletic ability and is used by coaches and trainers around the nation as an initial indicator of an athlete's potential on the court.



CONTACT US:

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