



# JUNIOR ATHLETIC PROGRAM

An elective course for the development of well-rounded student-athletes. The program includes: basketball skill development, strength & conditioning, film study, student-athlete workshops, community service, 8th Grade AAU Team.

## PROGRAM OBJECTIVES

- To help students realize their potential as athletes
- To help students develop foundational athletic strength
- To teach students the basic fundamentals of basketball
- To teach a range of basketball skills that match the developmental level of each student
- To help students understand the importance of thinking through the sport
- To hone in on the responsibilities and sacrifices of being a student-athlete

## 5 UNITS OF ADVANCED SPORTS TRAINING



- 2 units with professional trainers to work on specific skills and drills
- 1 unit with athletic director for strategy in game play and scrimmaging
- 2 units with sports training facility, Vince Mini's House of Pain
- 1 unit of physical and mental wellness

**\*JAM is by invitation and will not accept more than 13 athletes.\***

**Enroll Today!**

(916) 933-5122

INFO@MVA-EDH.ORG

# J.A.M. BASKETBALL PROGRAM



## PROGRAM OPTIONS



### MVA STUDENT J.A.M

Strength and Conditioning with Vince  
at Mini's House of Pain  
Film, workshops, community service.  
**2 days a week, 5 units**

**\$275 per month**



### NON MVA STUDENTS

Strength and Conditioning with Vince  
at Mini's House of Pain  
Film, workshops, community service.  
**2 days a week, 5 units**

**\$375 per month**

To become a member of our AAU travel basketball team JAM members will tryout.  
Team members will pay additional team fees (\$150 per month) as well as travel expenses.

\*Ten month billing cycle\*

**Higher Learning. Higher Achievement.**



**MARBLE VALLEY**  
A C A D E M Y



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