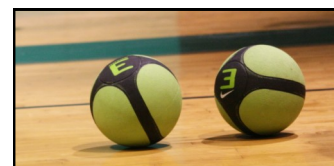
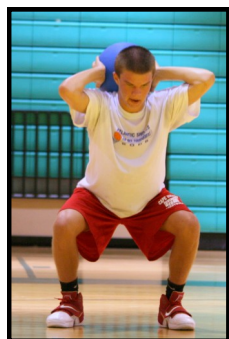


# 2010 Personal and Small Group Training



“Expect great things from hard work and dedication. Establish core principles in young student-athletes which include believing in yourself, discipline, a desire to improve, and winning or losing as a team.” This is the foundation for the HRBA. We are designed to help athletes in Virginia Beach and surrounding areas increase their basketball skill set and physical condition. Our sessions are open to boys and girls currently in grades 6—12. Please contact us for additional information. You can also find more information about us at [www.hrbasketballacademy.com](http://www.hrbasketballacademy.com).

## Session Highlights:

- 1) **Initial evaluation with athlete to discuss goals and evaluate current ability.**
- 2) **60 minute sessions focusing on basketball specific agility and/or fundamental development**
- 3) **One v. One or small group instruction. Small groups will consist of no more than five (5) athletes.**
- 4) **Follow up plan established for training alone.**
- 5) **Convenient location at VA Beach oceanfront.**
- 6) **Affordable pricing: \$40 (60 minutes, 1v1); \$35/ea. (60 minutes, 2/3 v. 1); \$30/ea. (60 minutes, 4/5 v. 1)**
- 7) **Convenient time slots! All we need is one week advanced notice to book time with facility. Call me directly!**

*“Whatever you do now sets up what you do later. And there is always a later.”*

HAMPTON ROADS  
BASKETBALL ACADEMY

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