

The VIRGINIA BASKETBALL ACADEMY presents BASKETBALL ACADEMIES



The Virginia Basketball Academy (VABA) is holding their annual FALL ACADEMIES.

What is a basketball "academy?"

A basketball academy is a weekly 75-90 -minute basketball skill development workout aimed at continuing the learning process & preparing players for the fast-approaching basketball season.

Why should I sign up for a basketball "academy?"

These basketball academies may serve many purposes depending on the individual. In general, they are designed to continue the learning experience throughout the fall through top-notch, professional basketball teaching. These academies provide a structured environment for skill development, as well as a means for young players to learn more about the game. More specifically, these academies are designed primarily as a means of PREPARATION for the up-coming season and continuing this development after the season is completed. Rather than wait until the first day of try-outs or practice to seriously work on your skills (it may be too late then!), you can start now. This is NOT shooting in the backyard or down at the park. These are focused, specific teaching sessions designed to produce serious results.

When are the basketball "courses" held?

The basketball courses are held on a weekly basis on Sunday evenings.

Where are the basketball "courses" held?

The FALL ACADEMIES are held at the Covenant Upper School off I-64 (Exit 120) and 5th Street Extended.

*This program is comprised of separate 75/90-minute classes meeting once a week on Sundays. The first 30/40-minutes of each session focuses primarily on "individual skill development." The remainder of each session is dedicated to "team skill development," (or game situations) connecting the individual skills that were drilled earlier in the session. These courses are an excellent way to PREPARE FOR THE UP-COMING SEASON and sharpen important skills. Individuals are divided according to grade and skill levels, and may choose to participate in all eight weeks (best deal! most effective) or individual academies which may be more convenient for a particular schedule.



MORE INFORMATION & OPTIONS

❖ FALL SKILLS ACADEMY:

**Sunday evenings from
Sept. 18 - November 6 (8 weeks)**

❖ Times:

Grades 3 - 6, 7 - 9 (3:00 - 4:15 pm) - 75-mins
Grades 10 - 12 (4:30 - 6:00 pm) - 90 mins

❖ Location:

Charlottesville (Covenant Upper School)
*Off I-64 (Exit 120) and Avon St. Extended

❖ Cost:

	Grds: 3 - 6, 7 - 9 (75-min workouts)	Grades 10 - 12 (90-min workouts)
1 session:	\$20.00	\$25.00
2 sessions:	\$37.50	\$45.00
3 sessions:	\$50.00	\$60.00
4 sessions:	\$62.50	\$75.00
5 sessions:	\$75.00	\$90.00
6 sessions:	\$87.50	\$105.00
7 sessions:	\$100.00	\$115.00
8 sessions:	\$105.00	\$125.00

FREE TRIAL!
First session, Sept. 18

**SIGN UP NOW FOR THE
Virginia Basketball Academy
FALL BASKETBALL ACADEMIES!**

**For more info, call 434-242-7729, or
visit www.PlayVABA.org**