

SHOOTING & INSTRUCTIONAL PICK-UP**@ MIDTOWN ATHLETIC CLUB****FOR 4TH-8TH GRADE PLAYERS, BOYS & GIRLS**

This program is broken into two segments. The shooting camp portion is guaranteed to improve a player's shot and will dissect each individual's mechanics. The program will feature competitive shooting drills and high level repetition. Skills that are taught include jump shooting, shooting off the catch, shooting off the dribble, getting into your shot quicker and dozens of take-home drills to work on. The second segment of this camp concentrates on game-play development. Players will learn how to compete at a high level against other players of comparable skill, gender and age. Learn how to properly play the game while playing the game. Development within team concepts will be stressed as players hone and develop their own game. Players will be divided by age and skill level.

SESSION I: SUN., JAN. 10-FEB. 28**SESSION II:** SUNDAYS, MARCH 7-MAY 2 (NO CLASS 4/4)**TIME:** 6:00 p.m.-7:30 p.m. (8-Wks)**FEE:** \$195 (Sign up by 1/10/10 and receive a \$25 discount)**SHOOTING & OFFENSIVE SKILLS****@ MIDTOWN ATHLETIC CLUB****FOR 4TH THROUGH 12TH GRADE PLAYERS, BOYS AND GIRLS**

This class is a necessity for players of all levels. The program will teach players how to maximize their offensive skills through NBA-style workouts. The class will help piece together a player's offensive game and build confidence in game situations. Skills that will be covered include jump shooting, shooting off the catch, shooting off the dribble, attacking the basket, creating space, dribble moves and playing through contact. **Players will be divided by age and gender.**

SESSION I: MONDAYS, JAN. 11-MARCH 1**SESSION II:** MONDAYS, MARCH 8-APRIL 26**TIME:** 6:00 p.m.-7:30 p.m. (8-Weeks)**FEE:** \$195 (Sign up by 1/10/10 and receive a \$25 discount)**BASKETBALL CIRCUIT TRAINING****@ DEER PATH MIDDLE SCHOOL****FOR 4TH-12TH GRADE PLAYERS, BOYS AND GIRLS**

This popular two-hour comprehensive camp will be broken into three parts:

- > Shooting and Offensive Skills
- > Instructional Pickup and Game-Play Development
- > Basketball-Specific Speed & Quickness Training

The camp will be led by Matt Truding, FPA's President of Girls Basketball. **Players will be divided based on age and skill-level.**

SESSION I: TUESDAYS, JANUARY 12-FEB. 9**SESSION II:** TUESDAYS, FEB. 16-MAR. 16**TIME:** 6:30 p.m.-8:30 p.m. (5-Weeks)**FEE:** \$205 (LF residents receive 20% discount)

(Sign up by 1/10/10 and receive a \$25 discount)

SHOOTING & INSTRUCTIONAL PICK-UP**@ MIDTOWN ATHLETIC CLUB****FOR 4TH-8TH GRADE PLAYERS, BOYS & GIRLS**

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The second segment of this camp concentrates on game-play development. Players will learn how to compete at a high level against other players of comparable skill, gender and age. Learn how to properly play the game while playing the game. Development within team concepts will be stressed as players hone and develop their own game. Players will be divided by age and skill level.

SESSION I: WEDNESDAYS, JANUARY 13-MARCH 3**SESSION II:** WEDNESDAYS., MARCH 10-APRIL 28**TIME:** 6:00 p.m.-7:30 p.m. (8-Weeks)**FEE:** \$195

(Sign up by 1/10/10 and receive a \$25 discount)

ADVANCED SHOOTING & OFFENSIVE SKILLS**@ MIDTOWN ATHLETIC CLUB****FOR HIGH SCHOOL PLAYERS & HIGH LEVEL TRAVEL BOYS AND GIRLS**

For advanced players, this class will cover: •jump shooting •shooting off the catch •shooting off the dribble •shooting off of combination moves •shooting off screens •getting into your shot quicker. The program will also feature competitive shooting drills, high level repetition, advanced ball-handling, and intense 1 on 1 competitions.

SESSION I: WEDNESDAYS, JAN. 13-MAR. 3**SESSION II:** WEDS., MAR. 10-APRIL 28**TIME:** 7:30 p.m.-8:30 p.m. (8-Weeks)**FEE:** \$170

(Sign up by 1/10/10 and receive a \$25 discount)

FULL PACKAGE/DAVID ADELMAN SHOOTING CAMP

@ CHRISTIAN HERITAGE
ACADEMY

PROGRAM OPEN TO 4TH-8TH GRADE BOYS AND GIRLS

This class is for players (boys and girls) in 4th-8th grade looking to improve their shooting ability in all phases of the game. The class will teach the basics of shooting and breakdown shooting off the catch, off the move, off the dribble and off screens. Below is a breakdown of the class:

- Form Shooting (hand placement, feet, elbow and release)
- 1-2 step shooting (shooting off of the catch)
- Shooting off the move both directions using the 1-2 step
- Shooting off the catch using head fakes, jab steps and eyes on the rim
- Shooting off of the dribble and shooting off of dribble moves
- Be able to read screens and footwork of shooting off of screens
- The class will advance at the speed players are able to advance.

SESSION I: TUESDAYS, JAN. 5-FEB 2

TIME: 6:30 p.m.-7:30 p.m.

(5-Weeks)

FEE: \$125

David Adelman was a college basketball assistant for nine years at the DI and III level. Adelman also coached professionally in the USBL as an assistant coach and general manager, and has been one of the top shooting coaches in the area for the last three years with tremendous results for kids of all ages.

AFTER SCHOOL INTENSIVE TRAINING

@ MIDTOWN
ATHLETIC CLUB

Who: Program open to all players (Players will be divided by age and gender)

Time: 4:00 p.m.-6:00pm (Monday-Friday)

10:00am-12:00pm (Saturday and Sunday)

Location: Midtown Athletic Club (2211 Waukegan Road, Deerfield, IL)

Fee:

- \$200 for 5 hours
- \$350 for 10 hours
- \$600 for 20 hours
- \$750 for unlimited hours (one month)

For 4th- through 12th-Graders, Boys and Girls

• Full Package's intensive training sessions will consist of 10-15 similarly skilled players. The sessions will begin with skill work, which includes shooting and intense ball-handling

• The latter half of the intensive training sessions will include game-play development and offensive and defensive strategies, designed to meet the needs of the player.

• Intense one and two-ball handling workouts

• Shooting— off the catch, off the dribble, off combination moves and off screens

• Attacking the basket/playing through contact

• Attacking angles and reading defenses

• All sessions will be led by Steve Pratt, Full Package founder and trainer to HS, college, NBA and WNBA athletes

Note: You choose your package and when you want to use your hours

WINTER BREAK SHOOTING & INSTRUCTIONAL PICKUP OPEN GYM

Who: 4th-12th grade boys and girls (Players will be divided by age and skill level)

Time: 12:00pm-6:00pm each day

Location: Midtown Athletic Club (2211 Waukegan Road, Deerfield, IL 60015)

Session I: Monday, December 21st-Wednesday, December 23rd

Session II: Monday, December 28th-Wednesday, December 30th

•Full Package's Winter Break Shooting & Instructional Open Gym will give players of all ages and ability levels an opportunity to sharpen their game during winter break. The sessions will begin with skill work, which includes shooting and intense ball-handling. The latter half of the open gym training sessions will include game-play development and offensive and defensive strategies, designed to meet the needs of the player.

•The Instructional Open Gym will be held from 12/21-12/23 AND 12/28-12/30 from 12:00pm-6:00pm each day. The program will be offered in packages of 4, 8, 12 or unlimited hours.

•Intense one and two-ball handling workouts

•Shooting– off the catch, off the dribble, off combination moves and off screens

•Attacking the basket/playing through contact

•Attacking angles and reading defenses

•Defending on and off the ball

•Program open to 4th-12th grade boys and girls (will be separated by gender and skill level)

•All sessions will be run by Steve Pratt or Billy Welcome at Midtown Athletic Club (2211 Waukegan Rd, Deerfield, IL)

•Please Select Your Package: 4 hrs - \$120 / 8 hrs - \$200 / 12 hrs - \$240 / Unlimited - \$300

Note: You choose your package and when you want to use your hours. Hours can be used in both Session I and Session II.

Full Package Athletics Gym Locations

• **MIDTOWN ATHLETIC CLUB : 2211 Waukegan Road, Deerfield, IL 60015**

• **DEER PATH MIDDLE SCHOOL : 95 W. Deer Path Road, Lake Forest, IL 60045**

• **NORTHFIELD PARK DISTRICT : 401 Wagner Road, Northfield, IL 60093**

• **CHRISTIAN HERITAGE ACADEMY : 315 Waukegan Road, Northfield, IL 60093**

• **BASKETBALL WAREHOUSE : 600 Waukegan Road, Suite A, Unit 5, Northbrook, IL 60062**

• **OAKTON COMMUNITY COLLEGE : 1600 E. Golf Road, Des Plaines, IL 60016**



SPRING TRAVEL BASKETBALL TRYOUT DATES

- **Full Package Travel Teams** provide our athletes with the proper skills training for maximum development on a nearly year-round basis. Full Package's main objective with our club teams is skill development: to best prepare players for future success.
- **Please PRE-REGISTER for tryouts** -- Tryout fee is \$25 (will be applied to travel team fee)
- Please call 847 205-9966 if you cannot attend any of the tryout dates listed below to set up an alternative tryout(s).
- You may attend one or multiple tryouts. Tryout cost is one-time fee.
- **There will be multiple teams at EACH grade level. In spring of 2009, our travel program featured over 500 players.**
- Please visit www.fullpackagesports.com to see all our former players who went on to play college and pro basketball.
- Our program has helped dozens of athletes reach their potential and achieve athletic and academic success at the Division I, II and III level.
- High school teams will have the opportunity to play in front of college coaches and regional and national scouting services
- All teams will practice twice a week in March, April and May
- Practices will last one and a half to two hours with an emphasis on skill training and game-play development.
- All teams will compete in five tournaments between April and May
- Each player will receive a reversible adidas uniform, adidas practice jersey, gym bag, shooting shirt and t-shirt

Boys Tryouts

4TH-6TH GRADES

DATE: February 21st and/or February 28th
TIME: 3:45pm-5:15pm (Both days)
PLACE: Deer Path Middle School

7TH-8TH GRADE

DATE: February 21st and/or February 28th
TIME: 7:15pm-8:45pm (Both days)
PLACE: Deer Path Middle School

9TH GRADE (FRESHMEN)

DATE: March 14th and/or March 21st
TIME: 2:30pm-3:45pm (Both days)
PLACE: Northfield Park District

10TH GRADE (SOPHOMORE)

DATE: March 14th and/or March 21st
TIME: 4:00pm-5:15pm (Both days)
PLACE: Northfield Park District

11TH GRADE (JUNIOR)

DATE: March 14th and/or March 21st
TIME: 5:30-6:45 p.m. (Both days)
PLACE: Northfield Park District

Girls Tryouts

4TH-6TH GRADES

DATE: February 21st and/or February 28th
TIME: 2:00pm-3:30pm (Both days)
PLACE: Deer Path Middle School

7TH-8TH GRADE

DATE: February 21st and/or February 28th
TIME: 5:30pm-7:00pm (Both days)
PLACE: Deer Path Middle School

9TH GRADE (FRESHMEN)

DATE: March 6th and/or March 13th
TIME: 12:00pm-1:30pm (Both days)
PLACE: Oakton Community College

10TH GRADE (SOPHOMORE)

DATE: March 6th and/or March 13th
TIME: 1:45pm-3:15pm (Both days)
PLACE: Oakton Community College

11TH GRADE (JUNIOR)

DATE: March 6th and/or March 13th
TIME: 3:30-5:00 p.m. (Both days)
PLACE: Oakton Community College

Dear Full Package Family Member(s),

We realize you have countless options in regards to your child's basketball and social development, and we sincerely appreciate you choosing Full Package Athletics. We believe we are the nation's leader in player and social development and wish to remain on top. We value your opinion, and would be grateful for any feedback regarding your child's involvement in any of our programs. Please do not hesitate to contact us via phone at (847) 205-9966 and/or email: bwelcome@fullpackagesports.com.

In addition to offering our fall basketball leagues, year-round skills training and winter/spring travel basketball teams, Full Package Athletics is dedicated to helping those less fortunate in our surrounding communities. We are proud to announce the creation of the **Full Package Athletics Development Fund, Inc.**

The Full Package Development Fund is dedicated to promoting the social, educational and athletic development of its youth participants. Through private donations and fund raising activities, Full Package will provide training, equipment and facilities for its participants in financial need.

Full Package Athletic Development Fund, Inc. will operate separately than Full Package Athletics and will not provide funding for corporate operations or activities. The fund will operate under a 501c3 charter, governed by a board of directors.

All scholarships will be need based rather than performance based. Each applicant, or a family member of each applicant, must submit an essay outlining the need and benefits of receiving financial assistance. In addition, each applicant must agree to make a full commitment to their Full Package program.

The Fund will not provide full scholarships but rather provide matching scholarship funds for those participants willing and able to raise funds through their own efforts. Full Package will provide all participants with avenues for fund raising activities.

The fund is seeking initial donors to capitalize their activities. It is anticipated that the fund will eventually become self sufficient through its fund raising activities. If you are interested in becoming a donor, please contact our office at (847) 205-9966.

If you would like to be added to our email or mailing list, please contact Billy Welcome at: bwelcome@fullpackagesports.com.

Thank you for your continued support of Full Package Athletics and we look forward to seeing you soon.

Sincerely,

The Full Package Team

Please print clearly which camp(s) you will be attending

Camp: _____ Date: _____ Time: _____ Location: _____ Session: _____

Camp: _____ Date: _____ Time: _____ Location: _____ Session: _____

Camp: _____ Date: _____ Time: _____ Location: _____ Session: _____

***Sign up for any camp by 1/10/2010 and receive a \$25 discount**

*** EACH ATHLETE IS TO BRING THEIR OWN BASKETBALL TO EACH DAY OF CAMP**

* 20 % discount to Bannockburn Club Members for Programs at the Bannockburn Club ONLY

Bannockburn Club Membership #:

CAMPER'S NAME _____ PARENT'S NAME _____

ADDRESS: _____ CITY: _____ ZIP CODE: _____

HOME PHONE: _____ EMERGENCY CONTACT #: _____

EMAIL : _____ HAVE YOU DONE A FPA PROGRAM IN THE PAST? YES NO

BIRTHDATE: _____ GRADE: _____ SCHOOL: _____

Allergies/Medications/Health Concerns, Etc.: _____

Insurance Company: _____ Policy #: _____

I hereby authorize Full Package Athletics, Midtown Athletic Club, Northfield Park District, Oakton Community College and/or Christian Heritage Academy to act for me in judgment in any emergency requiring medical attention. I hereby waive, release and indemnify Full Package Athletics, Midtown Athletic Club, Northfield Park District, Oakton Community College and/or Christian Heritage Academy of all legal responsibilities in the event of injury to my child. I know of no mental or physical problems, which might affect my child's ability to safely participate in this camp(s). I will be responsible for any medical charges in connection with his/her attendance of the camp, before, during or while leaving any program. Please list any health or medical problems of registrant.

***WAIVER SIGNATURE (must be signed to participate)** _____

>Please make checks payable to Full Package Athletics, 600 Waukegan Rd, Suite A/Unit 5; Northbrook, IL 60062

CREDIT CARD

PLEASE CIRCLE CREDIT CARD TYPE: **VISA** **MASTERCARD** **AMERICAN EXPRESS** **DISCOVER**

NAME ON CARD: _____ CREDIT CARD # _____ EXPIRATION: _____

PHONE NUMBER: 847.205.9966 // FAX: 847.205.9977

WWW.FULLPACKAGESPORTS.COM

MIDTOWN ATHLETIC CLUB

2211 WAUKEGAN ROAD
 BANNOCKBURN, IL 60015
847.945.1818
WWW.MIDTOWNCLUBS.COM



www.fullpackagesports.com

GREETINGS FULL PACKAGE FAMILY MEMBERS,

WE ARE PROUD TO ANNOUNCE THE LAUNCH OF OUR REDESIGNED AND VASTLY IMPROVED WEBSITE,
WWW.FULLPACKAGESPORTS.COM.

PLEASE VISIT THE NEW SITE (FEATURING):

- ONLINE CALENDAR
- PLAYER & TEAM PROFILES
- FULL PACKAGE GEAR
- PLAYER AND TRAINING VIDEOS
- ONLINE REGISTRATION
- TRAVEL TEAM INFORMATION
- CAMPS AND CLINICS
- INTENSIVE TRAINING
- FULL PACKAGE ALUMNI
- BROCHURES
- AND MORE!



PHONE NUMBER: 847.205.9966 // FAX: 847.205.9977

VISIT WWW.FULLPACKAGESPORTS.COM