



BALLYHOO
SPORTS ACADEMY AT HHAC

BASKETBALL PERFORMANCE TRAINING

Program Benefits Include:

Proper Training Techniques • Access to State-of-the-Art Equipment
• Bodyweight Mastery, Especially of the Athletic Position • Spatial Awareness • Jumping and Landing Mechanics • Athletic Positioning
• Balance & Coordination • Change of Direction • Power and Strength • Mobility and Flexibility • Faster Times from Baseline to Baseline • Increase Vertical Jump Height

All programs are updated to maximize progress

Program Levels:

Youth (10-12) • Junior (12-14) • Senior (14+) • Advanced (16+)

Skill Specific Programs:

Power Program • Vertimax Training Program • Speed & Agility Training • Advanced Strength Training

Training Group Options

1 on 1 • Small Group 2-6 • Classes 4-12 • Team Training

Programs will have lengths of 30, 45, 60, 75 and 90 minute options.



Former Basketball Players Trained by Sports Performance Director Mike Malone:

Anthony Davis, Michael Kidd-Gilchrist, Enes Kanter, James Harden, Kevin Durant, Russell Westbrook, Brandon Knight, Julius Randle, Karl-Anthony Towns, Willie Cauley-Stein, Nerlens Noel, Alex Poythress, DeMarcus Cousins, Patrick Patterson, Eric Bledsoe, Josh Harrellson, DeAndre Liggins, Terrence Jones, Marquis Teague, Archie Goodwin, James Young, Dakari Johnson, Andrew Harrison, Aaron Harrison, Earl Barron, Dejuan Wagner, Antonio Burks, Rodney Carney, Shawne Williams, Joey Dorsey, Chris Douglas Roberts, Royce White, Tayshaun Prince, Rajon Rando

Inquire online at BallyhooSportsAcademy.com/sports-performance
or contact Mike at Mike.Malone@hhgr.com

2810 E. Prospect Road, York • HeritageHillsAthleticClub.com