

Founder and President, of Emerald City Basketball Academy, Jasen Baskett will no longer be doing regular training classes after June.

Jasen gets requests everyday from parents that want their son or daughter to work with him individually. Since he can not do this for everyone, he has decided to take the Emerald City training and the Powerhouse Program and combine them together in small groups. Skill development with basketball specific strength and explosion.

This new program will only accept 20 players. After 20 players have signed up, no additional players will be allowed. It is a 2 day a week program. Each session will last an hour and a half. There will only be 4 players per session, no exceptions.

Coach Baskett understands the value of 1 on 1 training, but believes basketball is played with a read and react physical and mental reaction. You can only create that live reactionary atmosphere with live defense.

All techniques, shooting, ball handling, scoring, rebounding, etc... Must be Executed with defense so players can carry it over in games. By having 4 players per session, it allows a lot of individual attention to each player along with live necessary play.

The program will also focus 30mins of every workout on the conditioning and explosion of the Powerhouse program that coach Baskett created. Powerhouse will help each player increase their vertical leap, their first step, their lateral movement and all areas of conditioning specific to the sport of basketball. Jasen believes you must be mentally, skillfully and physically prepared for battle.

This new program will start in August of 2009. We will start taking registration today. After 20 spots are filled then the program is closed. This program will go year round and will be the only training coach Baskett will do. If you are currently on a team, this new program can count towards your required training.

How to Register and Costs

Send an email to Bridget at bjekbaskett@aol.com to commit to a spot. By committing to a spot you only get penciled in. You get inked in when your payment is received.

This program will be in very high demand. We can

not hold spots for anyone. We hope everyone can understand that.

For Example: There are 4 spots for each class. You are 1 of 4 who have signed up. The other 3 people have paid, you have not. Another person wants that class, and has sent payment; you will be removed from the list.

The Costs for 2 days a week, hour and a half sessions with Coach Baskett is \$500.00 a month. If you sign up for 3 months in advance and pay in full it is \$1200.00.

The Training Days

August

6th - 8th. Mon-Thurs. 10:00am-11:30

8th-12th. Mon-Thurs. 11:30-1:00

Sept-Oct.

6th-12th. Mon-Friday 3:00-4:30

6th-12th. Mon-Friday. 4:30-6:00

6th-12th Mon and Wed 6:00-7:30

** In case of early dismissal, anything earlier than 3:00 is ok during school days. Just email if you want to start earlier.

**Jasen wants everyone there 15 mins prior to the workout to go through warm-up and stretching program. When the session begins, the players will be going hard. And he does not want to spend time stretching.