

# **POWERHOUSE STRENGTH TRAINING AT EMERALD CITY BASKETBALL ACADEMY**

**No matter what the activity: golf, running, football or work, your performance is a function of your body's capabilities. This concept has led to the creation of Jasen Baskett's POWERHOUSE Training Program. Although goals differ from individual to individual the mission of Coach Baskett's POWERHOUSE Training Program is the same -- to educate and train people functionally and safely to improve their performance in sport and in life.**

Jasen Baskett, the president and founder of Emerald City Basketball Academy, is a basketball coach, basketball trainer, and strength and conditioning coach. He has over 15 years of experience in training and creating exercise programs for people of all levels. A graduate of Pacific Lutheran University with a Bachelor's degree in exercise science and physical education/recreation, Coach Baskett has focused on basketball since his graduation. He always applies sport specific training, functional training, circuit training and core training into all his basketball classes. Jasen has decided to put his schooling into place by starting strength and conditioning program along with his basketball training. This is not just going to a health club where you run on a machine and lift some weights; this approach is one of a kind. Coach Baskett's approach is taking all different sports and breaking them down into specific bio-mechanic techniques for Balance, Agility, Strength and Power, Speed and Quickness. These workouts will give you a well-rounded full body workout that will allow you to become stronger and have better cardio/muscular endurance.

## **CLASSES START DECEMBER 1ST**

**WHERE:** ECBA 1550 West Armory Way, Seattle 98119

**YOUTH GRADES 7TH-12TH:** Monday 4:00-5:00

Tuesday 3:00-4:00, 4:00-5:00, 5:00-6:00

Wednesday 3:30-4:30

Thursday 3:00-4:00, 4:00-5:00, 5:00-6:00

**ADULT CLASSES WILL BE OFFERED MONDAY - FRIDAY STARTING ON THE HOUR FROM 9AM-3PM**

**COST FOR GROUP CLASS:** Once a week \$100.00

(Up to 10 in a class)

Twice a week \$160.00

**COST FOR INDIVIDUAL CLASS:** 4 Sessions \$140.00

(1-3 in class)

8 Sessions \$250.00

12 Sessions \$360.00

**SPECIAL TIME REQUESTS WILL BE TAKEN. FOR EXAMPLE, EARLY MORNING BEFORE SCHOOL, EARLY DISMISSAL SCHOOL DAYS, BEFORE 9AM ON WEEKENDS.**

**To register for classes please contact Bridget at [baskettecbateams@yahoo.com](mailto:baskettecbateams@yahoo.com) or 206-248-9730**

