

HOLY TRINITY

Catholic High School

Middle School

BASKETBALL ACADEMY



SKILL DEVELOPMENT

Students will train with a dedicated coach to develop basketball skills on a daily basis while achieving physical education outcomes.

FITNESS TRAINING

Students will receive daily fitness and conditioning training.

SEMESTER ONE ONLY

Middle School

Core (ELA, SS, Sci, Math)
Health/Religion
2 Electives
Academy

\$700

Daily Schedule

7:10 am - 9:10 am	Skill development in the Varsity Gym followed by training and conditioning in the Fitness Room
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INFORMATION NIGHT

May 23, 2017

6 pm - 7 pm

THEATRE

Hear more about the BuiltToPerform philosophy, enjoy a Q&A on academy programming, and meet the coaches.

REGISTRATION NIGHT

May 29, 2017

6 pm - 8 pm

Main Office

PLF FRIDAY CLINICS AND TRAINING

Available to all Academy students

Training Skills

SMART Goal Setting, Team-building games, nutrition, physical testing, injury prevention, sport physiology, portfolio development.

Extra Fitness Opportunities

Yoga, speed, balance, flexibility, muscular strength, muscular endurance.

#HTBuiltToPerform

#KnightKnation

#WeAreFMCS