

Ignit Basketball Club—2019 Summer

Developmental Teams

Club Benefits	Ignit Club Teams
Ignit Coach Led Team	✓
Tournaments 4 Total—All Des Moines Area	✓
Summer League	✓
Ignit Performance Training (Team sessions adjacent to practice plus athletes are encouraged to attend other Ignit Performance sessions offered)	\$225 Value
In-season Practices 2 Per Week @ 1.5 Hours Each	✓
Age Group Skills & Drills (April to July: 1x per Week)	✓
Court Access During Open Gym Time	✓
Ignit Game Uniforms • Shooting Shirt • Reversible Game Uniform	✓
Reversible Practice Jersey & Shorts	✓
Club Fee— Upfront Single Payment	\$1,200

Ignit Basketball Club Program includes Performance Training!

Your player's overall athletic and basketball specific skills will reach new levels of achievement, pairing the best basketball and performance training regimes together!

- Acceleration development - Basketball players need to accelerate over short distances or run the full court
- Max Velocity development - The neuromuscular action rehearsed when training for Max Velocity will improve "baseline to baseline" speed while also allowing players to close on defensive gaps
- Multi-Directional development - Defensive readiness is improved when basketball players are balanced and ready to react with efficient footwork in any direction

** Individual and Small Group Lessons not included in Basketball Club Fees **