

Ignit Basketball Club

2019/20 Fall & Winter Season

| Club Benefits | Ignit Club Teams |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| Ignit Coach Led Team | ✓ |
| Tournaments (Nov– Mar) 8 Total: 7 Des Moines Area and 1 with Overnight Stay | ✓ |
| Fall League Play (Approximately 10 games: Oct—Dec) | ✓ |
| Ignit Performance Training (Team sessions adjacent to practice plus athletes are encouraged to attend other Ignit Performance sessions offered) | \$300 Value |
| Basketball Team Practices 2 Per Week @ 1.5 Hours Each | ✓ |
| Age Group Skills & Drills (October to February: 1x per Week) | ✓ |
| Court Access During Open Gym Time | ✓ |
| Ignit Uniform Package <ul style="list-style-type: none"> • Shooting Shirt • Game Jersey & Shorts • Practice Jersey & Shorts | ✓ |
| Club Fee— Upfront Single Payment <ul style="list-style-type: none"> • Player already has Ignit Uniform Package • Player needs to purchase Ignit Uniform Package | \$1,575 \$1.775 |

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 **