

# Ignit Basketball Club—2021 Summer

Club Benefits	Ignit Club Teams
Ignit Coach Led Team	✓
Competition Schedule * 7-8 Tournaments including 1 Travel	✓
Ignit Performance Training (Team sessions adjacent to practice plus athletes are encouraged to attend other Ignit Performance sessions offered)	\$300 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 <ul style="list-style-type: none"> <li>• Shooting Shirt</li> <li>• Back Pack</li> <li>• Sublimated/Reversible Game Uniform</li> </ul>	✓
Reversible Practice Jersey & Shorts	✓
Club Fee— Upfront Single Payment	\$1,600

\* If a team decides to play in more than 8 tournaments there will be an additional charge/player of \$50 for a Des Moines area tournament or \$100 for Travel Tournament.

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