

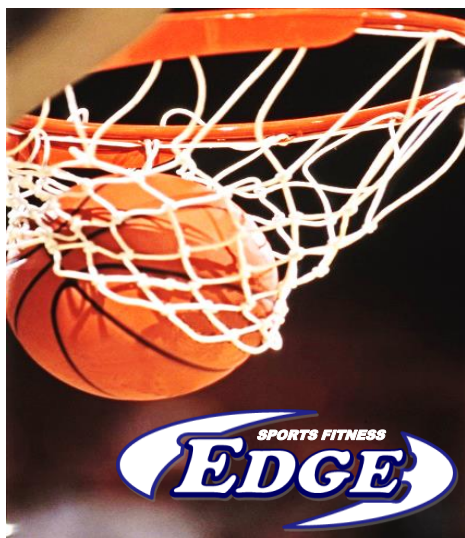
# BASKETBALL

## In-season and Off-season Performance Training

Help improve athletic performance, prevent injuries and promote longevity through  
Basketball-specific speed and power training

- Speed and agility drills
- Plyometric development
- Resistance training
- Vertical jump training
- Conditioning
- Flexibility and stability exercises

**Improve foot quickness and vertical jump!!**



### Also available:

1-on-1's / Team Mates (2+ athletes) / 30-60 minutes  
Physio-Therapy & Deep tissue stretching  
Cage/Field rental / School Semester packages

### Trained by

**EDGE Sports Performance Staff**

(NCAA Strength and Conditioning Coaches)

## Team Packages

Basketball-Specific sessions (Approx. 1 hour each)  
Create your own times and days (Available 24/7)

# of Sessions	6+ athletes	10+ athletes
5 sessions	\$70 / ath.	\$48 / ath.
10 sessions	\$130 / ath.	\$90 / ath.
20 sessions	\$240 / ath.	\$170 / ath.

### FREE Make-ups available with our

### Sport Performance Training (SPT) Group Classes

Choose times and frequency from our schedule

Age: 8-12 yrs. 5-6 pm M-Tu-W-Th

Age: 13+ yrs. 6-7:30 pm M-Tu-W-Th / Sat. 10:30 & 11:30 am

(Available year-round / \$ave with Monthly Unlimited Packages)

### \$SAVE at The EDGE:

Team Mate Packages

Team Mates (60 min.)	# of Sessions
2 Athletes	1 @ \$40 ea. OR 10 @ \$350 ea.
3 Athletes	1 @ \$30 ea. OR 10 @ \$250 ea.
4 Athletes	1 @ \$25 ea. OR 10 @ \$200 ea.
5 Athletes	1 @ \$20 ea. OR 10 @ \$170 ea.

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**EdgeSportsFitness.com**