



Presents

Regional Training Program

This program will Start testing in September,
at Queen Elizabeth High School in Edmonton, AB.

All players can be a part of our **RTP program**, which will provide a 6-month all inclusive training programs that are designed to help serious and self motivated basketball players to elevate their personal skills to a higher level. To gain significant results, athletes will be expected to find time to complete a minimum of one hour of individual basketball workout per week and one hour of athletic workout per week. The program is designed to provide very specific feedback to athletes on what they should be doing to improve in areas of individual skills as well as athletic production. Please see below for program features, locations and dates. . .

Program Features

- 1 fully detailed written basketball evaluation and individual workout (Jamie Peers)
- *Monthly follow ups on evaluation
- *16 hours of super camps (4 days of 4 hour clinics) in a large group with RTP players from other areas Ron Hopkins
- *Swoosh Canada Basketball t-shirt and shorts, log book.
- Cost \$350
- If you would like to run a RTP camp in your area please e-mail and let us know

Ron Hopkins (Club Director/Head Coach) Ron is in his 29th year of coaching. He has coached at numerous levels from community to college in both Canada and the United States. He has worked with over 100 athletes who have gone on to play at the post secondary level.

Please register on-line at Swooshcanada.com and please *Cheques made payable to "Swoosh Canada Basketball"* and mail them to 17019 – 100th street Edmonton AB T5X 4R8 or pay on-line with paypal at Swooshcanada.com

Last Name: _____ First Name: _____

Address: _____ Postal Code: _____ City: _____

Age: ____ Email Address: _____ Home Phone #: _____

School: _____ Interested in information on future programs? Yes [] No []

Emergency Contact Name: _____ Phone: _____

Alberta Health Care Number: _____

Please list time preferences as well as time conflicts _____

To register, contact Ron Hopkins at 780-200-9053 or email at coachhopkins@hotmail.com