



CLASSICS BASKETBALL SPEED AND JUMP TRAINING

ATTENTION ALL CLASSICS BASKETBALL COACHES/ PARENTS:

We are pleased to announce that we will continue True AP Speed and Agility practices throughout the Winter months!! One of the practice elements in the Classics AAU Player Development program is the speed, agility and jump practices that Classics AAU Basketball is holding with True AP.

Practices Start January 3rd – Practices Improve:

- **Speed**
- **Agility**
- **Quickness**
- **Vertical Jump**
- **Balance/ Coordination**
- **Overall Athletic Ability**



EARLY-BIRD SPECIAL: Register By December 31st and Receive 20% OFF Our Normal Training Rates!

Details:

DATES: January 3rd – March 28th (Sessions held **MONDAYS, WEDNESDAYS AND THURSDAYS!**)*

OPTIONS: **MONDAYS** (at Candlewood ES – 7210 Osprey Drive – Derwood, MD 20855) – **Beginning 1/7!**

Grades 2-5: 6:30-7:30pm

Grades 6+: 7:30-8:30pm

**No Sessions on 1/21 and 2/18!*

WEDNESDAYS (at Highland ES 3100 Medway Street Silver Spring, MD 20902) – **Beginning 1/9!**

ALL Grades: 8:00-9:00pm

**No Session on 1/30!*

THURSDAYS (at Earl B. Wood MS - 14615 Bauer Drive Rockville, MD 20853) – **Beginning 1/3!**

Grades 2-5: 6:30-7:30pm

Grades 6+: 7:30-8:30pm

**No Sessions on 1/17, 2/21, and 3/21!*

COST: 1 Day/Week (10 sessions) - \$150 (**Register by Dec 31st and Pay Only \$120!**)

2 Days/Week (20 sessions) - \$250 (**Register by Dec. 31st and Pay Only \$200!**)

****Team Rates Available! Coaches - Call for Details****

Questions? Contact Matt Diener – mdiener@trueap.com or call 440-465-3584.

www.TRUEAP.com