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SWEAT ACTIVATED TECHNOLOGY

Cutting Edge Clinic

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THE WORLD'S #1 EVENT FOR IMPROVING BASKETBALL ATHLETICISM



WHO IS ALAN STEIN?

Alan Stein is the top basketball-specific strength & conditioning coach in the world. His company, Stronger Team, specializes in providing cutting edge information, concepts, and drills to help coaches and players maximize their basketball athleticism. Alan is the Head Strength & Conditioning coach for the nationally renowned DeMatha Catholic High School basketball program. He is also a performance consultant for Nike Basketball and has worked as the head conditioning coach for the annual McDonald's All-American game, the Jordan Brand All American Classic, and the Nike Skills Academies (including academies for: **Kobe Bryant, LeBron James, Steve Nash, Chris Paul, Paul Pierce, Vince Carter, Deron Williams, Kevin Durant and Amar'e Stoudemire.** Alan's passion, enthusiasm, and innovative training techniques leave a lasting impression with every player and coach he works with!

WHAT THEY'RE SAYING ABOUT ALAN STEIN



"Coach Stein helped me gain nearly 20 pounds my senior year at Montrose and continues to work with me to this day. The added size and strength he has given me has made me a better player on the court."

He really helped me make the transition from high school to college and from college to the NBA. His program is unbelievable."

- Kevin Durant
NBA All-Star with the Oklahoma City Thunder

Clinic Features

- Movement Preparation
- Dynamic Flexibility
- Reaction, Quickness, Agility & Footwork
- Core Strengthening Exercises
- Basketball Specific Conditioning
- Motivational Life Lessons

Location: Handley High School Gym
425 Handley Blvd.
Winchester, VA 22601

Date: Saturday, November 2, 2013

Ages: Boys/girls ages 10+

Time: 9:00 am – 12:00 pm
Coach Q & A: 12:00 pm – 1:00 pm

Cost: \$45.00 per player and \$65 per coach
\$55.00 per player and \$65.00 per coach
day-of registration
Team/group discounts available!

Contact: David Gardiner or James Frisby
FASST Training at 1-540-514-6905

Checks payable to: Blue Ridge Sports

Send to: 116 Creekside Lane
Winchester, VA 22602

Stronger Team

WWW.STRONGERTEAM.COM

YOUTUBE.COM/STRONGERTEAM

FACEBOOK.COM/STRONGERTEAM

TWITTER.COM/ALANSTEIN



Register Online: <http://winchcuttingedgeclinic.eventbrite.com/>



Registration Form

Athletes Only

Athlete's Name:

Address:

City:

Zip Code:

Phone #:

Email Address:

Date of Birth:

Current Grade:

How did you hear about the Cutting Edge Clinic?

Parent's/Guardian's Name:

Parent's/Guardian's Email:

Emergency Contact Number:

Medical Information or allergies that we should be aware of:

Coaches Only

Coach's Name:

Address:

City:

Zip Code:

Phone #:

Email Address:

School/Program:

Waiver

Participation in basketball activities involves the risk of personal injury. The use of equipment and facilities, by person's participation shall constitute acceptance of that risk regardless of the nature of the injury. Stronger Team and David Gardiner and James Frisby (Blue Ridge Sports). and all other coaches including Alan Stein, will not be liable for any injury, loss, or damage sustained or suffered by persons participating in the Cutting Edge Clinic, whether caused directly or indirectly by the negligence or fault of, Stronger Team (including Alan Stein) its coaches or otherwise.

Athlete/Coach's Signature:

Parent's/Guardian's Signature (Athletes Only):

Date:

Make checks payable to: Blue Ridge Sports

Send to: 116 Creekside Lane, Winchester, VA 22602 **Register Online:** winchcuttingedgeclinic.eventbrite.com