



3RD - 12TH GRADE

PLACEMENT DAY

Spring A.T.P

PLACEMENT DAY ITINERARY

Parent Meeting [VIDEO]

Training Session Evaluations

M14HOOPS STATS

- Founded September 23, 2009
- Helped families save over \$10 Million in athletic scholarships

A few M14Hoops Alum:

- Nora Ezike – Stanford
- Jax Abolas – Cornell
- Kenzie Hare – Iowa State
- Jonah Hinton – St. Bonaventure
- CJ Gunn – DePaul
- Aaron Brown – Concordia University
- Ellie Mjaanes – Lehigh University
- Ariella Hennigan – Howard University

We care and we celebrate all of our players! Character development and life skills are equally as important to us as their success on the court. It matters!

BUSINESS MODEL: RESULTS & QUALITY

We pride ourselves in getting results! This is achieved by placing players in the right environment to advance their development.

What matters to us:

- Commitment level – basketball is a tomorrow sport, you have to work TODAY!
- Accountability – all stakeholders have a vital role to play!
- Rules – must be followed!
- Honesty + Integrity + Respect – winning combination!
- Quality matters!

Placement Day: The What and Why

Placement Day is our try-out for the M14 Academy. This is our way to ensure quality as we are able to observe who is not only interested but also committed. This is the fairest way we have found to assess growth and talent from season to season. Players are evaluated based on skill and talent in hopes of being placed in one of our M14 Academy classes. This means that not everyone will be placed. Each Academy Season, spots are **earned** which means all players must be evaluated before the preceding Academy Season.

If your player is not available for their official Placement Day, we do offer make-up evaluations. All players must be evaluated by the date listed on the website to be considered in the first round of invites. If an alternate date is needed, please contact us at info@m14hoops.com.

M14 Academy

- 3-month commitment
 - 12-weeks total
 - 24 Total sessions with 10 makeup sessions offered
- Difference in classes: At each grade level we divide based on ability.
- Progressive Program: Each Session & Part building on the next.
- IQ/Mentality Training
 - Competitions (1on1, 3on3)
 - Helps us address body language, listening, adversity, and “being a star”
- Skill progression correlates with each player’s needs
- Other perk: Automatic invite into the Summer League

CURRICULUM

Part 1: **BALL HANDLING** (creating space, footwork, attack moves, handling pressure***zigzag drill***)

Part 2: **SHOOTING** (footwork, shots off the dribble, catch & shoot, form shooting, moving without the ball)

Part 3: **Translation (3on3, defense, moving without the ball)**

The first 4 weeks we will work on ball handling, the next 4 weeks will be dedicated to shooting and the last 4 weeks the players will compete against each other (3on3, defense, moving without the ball). Our philosophy is to introduce a move to a player, show them 'how' to do the move and 'why' they are doing the move. After that we want that player to get as many repetitions as possible doing that move at the correct pace.

Each week we build on our moves and concepts, so attendance is expected. Players in this program do need to purchase our Player Package which is our practice jersey and ball handling videos. Our ball handling videos are what we expect players to interact with when they are not at training sessions with us.

SPRING A.T.P. OVERVIEW

- **ALL players must be evaluated for this program**
- If the program has started you will need to email info@m14hoops.com to set up a private evaluation
- 12-week commitment starting in Mid-March ending in May
- 2 sessions a week with a weekly make up session offered.
- **We DO NOT have sessions the following dates:**
 - March 30th-Apr 2nd
 - April 5th
 - May 10th & 25th
- 90 minute sessions each class
- Players are divided into different classes based on skill and talent.
- Progressive Program: Each Session building on the next
- 10:1 Player to Coach Ratio
- Curriculum Overview: Part 1 - Ball Handling, Part 2- Shooting, Part 3 -Translation (3on3)
- All players get automatic invite into the summer league
- Players need to bring their own basketballs

IT WORKS!

After 12 weeks of training expect to see RESULTS! 97% of all players who train in our Academy make the grade level team. That percentage increases as the length of time increases that a player has trained with us. The Academy Program stresses skill but also life lessons that will help your player on and off the court. We believe in discipline, structure and creating a positive environment that appropriately challenges players. It works!

**Through the M14 Academy,
Our goal is to make practice skills transferable into game play.**

**We are continuously growing and learning.
We have upgraded our training program to reflect these new concepts.**

SPEED STRENGTH AGILITY POWER

SSAP I

3rd - 6th Grade Boys & Girls

This class teaches the fundamentals of performance training. The focus will be on building a foundation in body weight strength and enhancing athletic movements that will carry over into their athletic development. Speed, agility, and body weight exercises will be incorporated into these sessions that will enhance their athletic abilities. Proper running and landing mechanics will be taught to help enhance body awareness and motor control. This will lead to greater confidence in their athletic awareness and speed performance. Athletes will work to develop and improve their mobility and stability to support these movements on and off the court.

SSAP I FOCUS

- NO WEIGHTS!
- Players will do push-ups and pull-ups using their own body weight.
- Speed
- Lateral quickness
- Proper jumping and landing mechanics

OBJECTIVE

This class will give athletes the proper foundation to build their athleticism on. Technique is key to building that foundation and this class will cover all directional movements to help increase performance. Any strength exercises will be done using body weight, which will increase core stability. Having the ability to squat, lunge, do a push up and a chin up correctly will be the strength focus. This will greatly help each individual athlete on the basketball court in getting in to and holding a defensive stance and triple threat. Basketball is a game where staying low is critical so we want to make sure our athletes have the total body strength to do so properly. This class will also help with foot speed and quickness. Lateral movements will be a focus so players have the ability to slide their feet as well as make quicker moves with the basketball.

SSAP II

7th - 8th Grade Boys & Girls

This class focuses on developing functional strength through multiple planes of motion. The emphasis here is to transition from body weight strength movements into resistance training. The skills developed in this class will help support and aid in the prevention of injuries or lessen their severity. Teaching proper running mechanics, athletes will be able to move more efficiently as they run down the court and/or change directions. With the addition of resistance training athletes will start to see greater increases in their speed and strength that will elevate their skills on the court. Athletes will also focus on explosive training which will help increase their vertical.

SSAP II FOCUS

- Introduction to strength training with the main focus being proper technique, not heavier weights.
- Level II Speed
- Level II Lateral quickness

OBJECTIVE

At the end of this class players will have a solid foundation in strength. Resistance training will have begun and this will translate on to the court by allowing players to drive and finish through contact. The strength component will also help with each player's jump shot range. All players will also have had a season full of speed and agility, which will help them on the defensive end of the court with foot speed. S.A.E.P. 2 also will continue to help athletes with jumping and landing to help increase their vertical and decrease injury.

SSAP III

9th - 12th Grade Boys & Girls

S.S.A.P. III will continue to focus on developing functional strength through multiple planes of motion and for athletes who are ready, it will incorporate advance movements and techniques. One focus of the class will be to add resistance to the explosive movements which will further increase each athlete's vertical jumping ability. The class will continue to help increase speed and lateral movement. S.S.A.P. III will also focus on adding strength to each athlete by using science and researched facts. We will also help educate athletes on the importance of stretching and eating properly.

SSAP II FOCUS

- Resistance training
- Explosive training
- Level III Speed
- Level III Agility



BASKETBALL TRAINING FEES:

*****CHECK THE WEBSITE FOR YOUR TRAINING SCHEDULE*****

\$295 per month (\$885 Total)

PLAYER PACKAGE: \$70 (or less depending on combination)

Includes: Academy Jersey + Dynamic Edition + Weak Hand Wednesdays



Dynamic Edition



Weak Hand Wednesdays

REGISTRATION

The following day after your Placement Day results will be emailed, and your 3-day private registration window will open.

*Spots will not be held after the third day
and waiting list participants will be contacted.*

After the initial registration the 2nd & 3rd installments will be automatically deducted from your account on the following schedule:

Part I: One Day After Placement Day

Part II: April 1st

Part III: May 1st

Urgency – most M14Hoops items are extremely time sensitive and require immediate action

S.S.A.P. TRAINING FEES:

*****CHECK THE WEBSITE FOR YOUR TRAINING SCHEDULE*****

CLASS STRUCTURE

Working out in a group is a great way for athletes to compete and also learn teamwork!

Classes are broken down by grade level and gender and held on the same nights as the basketball classes.

We keep a 10-1 player to coach ratio in all group classes.

HOW IT WORKS

Training sessions are sold in 8-session packages and with the expectation of seeing athletes twice a week. Similar to the basketball ATP structure;

We will offer a weekly make-up session for players who cannot attend during the week. All classes are 60 minutes.

PRICING

\$180 / month with your discount!!!

SIGN-UP for *both* BASKETBALL and S.S.A.P. TRAINING and receive 10% off!



SUMMER CAMPS

Summer Camp Overview

- Open to any and all boys & girls in grades 3rd-8th (FALL GRADE LEVEL)
- Players do not need to be evaluated to participate
- Each camp is 4 consecutive days
- All players must bring their own basketball to camp
- Morning Camp times are 9a-12p
- Afternoon Camp times are 1:30p-4:30p
- Players can sign up for the All Day option which includes lunch but does not include any Weight-room camps
- 10:1 player to coach ratio
- Groups are divided by grade level, gender and talent
- All basketball campers receive an M14Hoops logo shirt for participation
- Early registration is encouraged, we do anticipate selling out!
- Visit the website for dates, price and camp options!

SUMMER LEAGUE

Summer League Overview

- The league will run begin the 2nd week of June
- The league will end the first week of July
- All players will need to be evaluated
- After the evaluation divisions and rosters will be formed
- All players will not be accepted into the League
- Players will receive an official M14 Summer League reversible jersey
- Players will be coached by M14 Staff
- Games will be professionally officiated
- Each division must have at least 25 players for it to be formed
- Players will be mixed weekly to form teams within each division to keep the league competitive
- Game schedule overviews will be given out at the evaluations
- Teams will not practice, just play games
- Players will play 16 games(2 games each night)
- Games will be played during the week
- There is no credit/refund for missed games (please double check schedules after a spot is offered!!!)
- Check the website for dates, times and prices!



