

# Southwest Montana Basketball Academy



## Fundamental Skills Development Training

### Group Skills Training

A four week group skills training (**grades 5<sup>th</sup>-12<sup>th</sup>**) will focus on fundamental skill development on shooting, dribbling, and passing for each individual athlete.

The group skill training will also offer an injury prevention and strength/conditioning program for the young female athlete. This program will focus on the development of jumping technique, quickness, and overall strength.

### Group Training Days

#### **(Tuesday-Thursday) 4 weeks**

**Week 1- June 16, 17, 18** Time 12:00-1:30

**Week 2- June 26, 27, 29** Time 10:30-12:00

#### **Week 3- July 10, 11, 12**

Times 10:30-12:00 (5<sup>th</sup> grade- 8<sup>th</sup> grade)

12:00-1:30 (9<sup>th</sup> grade-12<sup>th</sup> grade)

#### **Week 4- July 17, 18, 19**

Times 10:30-12:00 (5<sup>th</sup> grade- 8<sup>th</sup> grade)

12:00-1:30 (9<sup>th</sup> grade-12<sup>th</sup> grade)

### Individual One on One Training

One on One sessions are available for individualized instruction on specific needs of an athlete.

Individual Training will be scheduled throughout the week upon request (Monday- Friday).

### Trainer- Quinn Peoples

- 2011 Class A State Championship team member
- Division II College Basketball player
- Four year starter in a Division II program
- Member of the 2014 GNAC regular season Conference Championship team
- 2016 Class A State Championship team - Assistant Coach
- 2016 MHSAA Assistant Coach of the Year Award
- 2016-17 Class A State 3<sup>rd</sup> place - Assistant Coach
- 2017-2018 Southwest Division Champion - Assistant Coach
- Three year Varsity Assistant

### Contact Information

Trainer Quinn Peoples

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