

CINCINNATI'S FINEST BASKETBALL ACADEMY

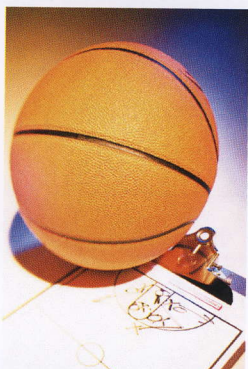
First Session: June 6th & 7th followed by 2 day bundles throughout the summer.

Contact 513.226.7014 to pre-register for future dates or you can also visit us at www.cincinnati'sfinest.org.

MEGA SESSIONS

Coaches: Carlton Gray, Steve Sanders, Keith Starks, Tony Johnson, and David Lumpkin.... as well as other coaches and collegiate players will assist

You hear about point guard camps, post camps, wing camps, etc. Your best players are complete players and try to improve on all facets of their game each time out. On top of our normal training sessions, which are always high energy and fast paced, we are doing a new concept that we are calling "mega sessions". These sessions are developed to emphasize the maximum development of a player's physical ability as well as their mental capacity to play the game and read and react to different situations that occur in the course of all games at all levels.



Although no one person can take credit for any one kid, we know that we play a small role in assisting kids that are just trying to improve for the next year of school ball or those that have been fortunate to take their game to the highest levels of college basketball. Along the way, we also hope we've helped them grow into better young people from their association with us. Sports imitate life so the lessons we teach can have a great impact.

INDIVIDUAL DEVELOPMENT

Repetition of drills including but not limited to footwork drills such as ladders, box jumps, dots, cones, etc. increase a player's ability to play in a stance and change directions which obviously is the foundation to do anything in this game. You can tell a kid that can play by their footwork and if they can play in a stance. As the saying goes "practice doesn't make perfect....perfect practice makes perfect". There must be attention to detail when kids are doing these things to build the correct habits.

No fluff & stuff....creating an environment that maximizes individual development and creativity within the framework of team concepts and philosophies.

MENTAL DEVELOPMENT:

Most people that develop players know that just doing drills alone with no time to court awareness will create "robots" that don't have the ability to play the game as it constantly changes due to score, substitutions, situation, and the countless things that affect the flow of the game that are completely unpredictable. Kids must have an opportunity and comfort level to put their newly developed individual skills to work. This is the only way to feel what it's like to try something new in the right situation or to realize when it's the wrong one.

Dedicated to helping ALL players get the most out of their natural abilities, as well as pushing all kids to play the game at the highest level mentally.

Most coaches don't afford the opportunity or time or create an environment where kids can experiment with these things. We will focus on concepts and philosophies from both an offensive and defensive perspective that all kids need to know and be able to adjust to.

From playing pick and roll basketball, playing zones, full/half court trapping, rotation and recover....there are once again countless situations and basketball concepts that kids can only learn by playing through them on both ends of the court. Although schools and teams have their own niche, the situations that unfold don't alter much. Your reactions to them do. By working on these kinds of situations repeatedly, we hope to build the kids' understanding of how to play the game when it changes on the run, thus creating smarter players.

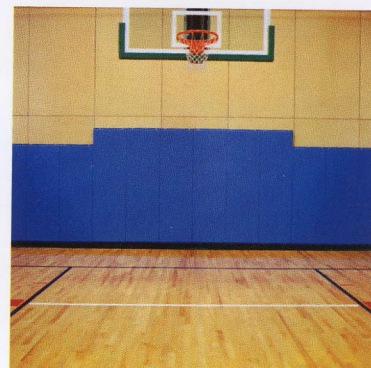
COMPOSITION:

There will be 3 different age groupings available (age as of school year beginning fall 2009):

6th grade or younger,
7th & 8th grade,
and high school.

Skill will be a factor in the grouping of kids....we want all athletes to be able to work with kids that will challenge and push them the most. Each session for each age group will be limited to 24 kids MAX. We will never have higher than a 1:6 coach to player ratio. We want the kids to get maximum attention and reps.

Cost: \$40/per day OR \$75/both days.....each day consists of a 2 hour session....the first hour dedicated to the individual development....the second hour dedicated to the mental development.



It's nice to have a fast player, but coaches ALWAYS prefer a player that plays the game fast mentally over one that doesn't. When you have a player that strives to do both, you have a very dangerous and explosive weapon at your disposal on the court.

Cincinnati's Finest Basketball Academy

June 6 & 7 @ Winton Woods H.S.

CINCINNATI'S FINEST WALL OF HONOR

INDIVIDUAL AWARDS

All Americans:
McDonalds, Nike,
WBCA, Parade

Player's of the Year:
League, City, District,
State

All League, City, District
and State Performers

20 + College
Scholarships awarded in
the last two years

Freshman All League
recognition in College
(2008 graduating class)

CINCINNATI'S FINEST BASKETBALL ACADEMY STAFF:

Carlton Gray, Lakota West High
School & Cincinnati Finest Coach.
Former Forest Park athletic stand-
out and UCLA scholastic & athletic
All American;

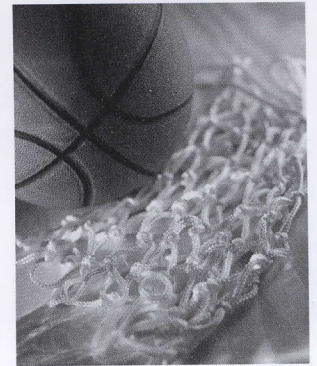
Steve Sanders, Cincinnati Finest
Coach. Former University of
Cincinnati Football and Basketball
Player;

David Lumpkin, Winton Woods
High School & Cincinnati Finest
Coach. University of Cincinnati
graduate;

Keith Starks, Cincinnati Finest
Coach. Former University of
Cincinnati Basketball Player;

Tony Johnson, Cincinnati Finest
Coach and Winton Woods High
School Coach;

and other coaches and collegiate
players.



**SPORTS IMITATE LIFE
SO THE LESSONS WE
TEACH CAN HAVE
GREAT
IMPACT...WHAT IS
YOUR DESTINY.....?**

TEAM AWARDS
HS State Champions

AAU National
Championship

Adidas National
Championship

Elem 9-11; Jr. High 11:30-1:30; High School 2-4

PRE-REGISTER TODAY TO RESERVE YOUR SPOT BY COMPLETING THE INFORMATION BELOW AND RETURNING ALONG WITH A CHECK OR MONEY ORDER PAYABLE TO CINCINNATI'S FINEST BASKETBALL ACADEMY TO:
7147 Highpoint Blvd., Liberty Township, Ohio 45011

CINCINNATI'S FINEST BASKETBALL ACADEMY PLAYER FORM & WAIVER

Player Name: _____

Address: _____

Session: June 6 June 7 June 6 & 7

School & Grade 2009/2010: _____ email: _____

Parent/Guardian: _____

Signature: _____

Cell: _____ Home: _____

Emergency Contact: _____

WAIVER OF LIABILITY

I, as parent or legal guardian, _____ (Name), hereby release Cincinnati's Finest Basketball Academy and any or all trainers/ and/or coaching staff forgoing for any responsibility or liability if _____ (Player), should suffer injury and/or death while participating in the training session.

Parent /Legal Guardian Signature: _____