

YOUTH PROGRAMS (Ages 12-18)

PRE-SEASON WEEKEND TRAINING CAMPS

Get ready for the upcoming season. Refresh and improve dribbling and shooting skills while also enhancing strength, speed and agility. A focused and concentrated training weekend for players who want a competitive advantage come tryouts. **Limited enrollment. Call 212.336.6123 to register.**

Girls (Ages 12-18) October 2-4

Improve your basketball skills through progressive on-court instruction. Off-court physical conditioning and training will help you to be faster, stronger and more agile on the court.

Friday: 6:00-8:00pm

Saturday & Sunday: 10:00am-2:00pm

Cost: \$265

Boys High School (Ages 14-18) October 9-12

Be the most prepared for basketball try-outs! Fast paced on-court drills combined with strength, speed and agility training will have you ready to impress your coaches.

4-day camp

Friday: 6:00-8:00pm

Saturday, Sunday & Monday: 10:00am-2:00pm

Cost: \$345

Li'l Blues (Ages 9-12) November 6-8

Emphasis on fundamental skill development and basic athletic movements. Ideal for young athletes looking to improve their basketball skills.

Friday: 6:00-8:00pm

Saturday & Sunday: 10:00am-2:00pm

Cost: \$265

Academy (Ages 13-18)

Tune up your skills and increase your conditioning for the upcoming season. Improve your basketball through progressive on-court instruction. Off-court physical conditioning and training will make you a faster, stronger and more agile player on the court. **Sign up for both Academy 1 & 2 and receive a 10% discount.**

Academy 1 • October 16-18

Friday: 6:00-8:00pm

Saturday & Sunday: 10:00am-2:00pm

Cost: \$265

Academy 2 • October 23-25

Friday: 6:00-8:00pm

Saturday & Sunday: 10:00am-2:00pm

Cost: \$265

PRE-SEASON TRAINING

September through October

Intensive 6-8 week program. Ideal for players willing to work hard to gain a competitive advantage.

20, 2-hour sessions. Athletes train 1-3 times per week.

Call for scheduling options. Cost: \$1,000

TEAM TRAINING

Specialized training programs for teams.

Discounts available. Minimum 5 players per team.

Call for details.

Li'l Blues (Ages 9-12) After School

September through December & January through June

Semester-based conditioning & skills program.

18 weeks, 4:30pm-6:00pm, 1 time per week.

BASKETBALL ACADEMY

Player's Name _____

Female Male Player's Birth Date _____

Phone _____

Address _____ Apt. _____

City _____ St _____ Zip _____

Parent's Name _____

Daytime/Cell Phone _____

E-mail _____

Player's Grade _____ School _____

Sport _____ Position(s) _____

AAU team (if any) _____

PROGRAM

Girls Weekend Camp • October 2-4 • Cost: \$265

Boys High School Camp • October 9-12 • Cost: \$345

Academy 1 • October 16-18 • Cost: \$265

Academy 2 • October 23-25 • Cost: \$265

Li'l Blues Camp • November 6-8 • Cost: \$265

PAYMENT SCHEDULE

Full payment must be received by the program's start-date. The number of spaces is limited and registration is on a first-come, first-serve basis. Full refunds are available up to two weeks prior to the first day of the program. After that day, no refunds will be given.

Total Registration \$ _____  OFFICIAL CARD

PAYMENT METHOD

Amex Discover MasterCard Visa Check

Credit Card Number _____

Expiration Date _____

Waiver and Release

Acknowledging that participation in athletics carries with it a risk of physical injury, I agree that Chelsea Piers, L.P., its agents and employees shall not be liable to me or my child for any injury or damage, howsoever caused, resulting directly or indirectly from my child's participation in the Chelsea Piers programs at any time preceding, during or after the program is in session and I hereby discharge Chelsea Piers, L.P., its agents and employees from all actions, claims, and demands I or my child may have for any such injury or damage. I authorize that Chelsea Piers, L.P. has the right to use all photographs or videos taken of my child for advertising or promotional purposes.

Parent/Guardian

Signature _____ Date _____

Send application with tuition to:

Chelsea Piers BlueStreak • Pier 60 • New York, NY 10011
or FAX to: 212.336.6118



Basketball Academy

Fall 2009

Take your
game to the
next level.



a proud member of the
ATHLETIC REPUBLIC

chelseapiers.com/bluestreak

To register for Five-Star BlueStreak programs:
212.336.6123 • chelseapiers.com/bluestreak



Basketball Academy

Basketball is a game of explosive power, speed, endurance, strength, shooting and ball handling. Five-Star Basketball and BlueStreak Sports Training are now offering the **Five-Star BlueStreak Basketball Academy**, designed to improve athletic conditioning and fundamental basketball skills in players of all levels. Academy programming melds the legendary on-court teaching experience of Five-Star Basketball with the advanced Athletic Republic physical conditioning programs at BlueStreak.

The Five-Star BlueStreak Basketball Academy combines basketball-focused conditioning, strength and skills work to make you a better athlete and basketball player. Many of the NBA's top athletes have benefited from these programs. Below is a general overview of the Academy's components:

OBJECTIVES

- **Improve** sprinting & jumping biomechanics
- **Improve** ball handling, passing and shooting
- **Increase** vertical jump and first step explosion
- **Improve** footwork and one-on-one moves
- **Increase** anaerobic tolerance
- **Improve** on-court maneuverability
- **Improve** offensive and defensive technique
- **Improve** overall strength to reduce the risk of injuries

Photos: Mitchell Gray

SPEED TRAINING

Players run on Generation III Super Treadmills that can reach speeds of 28 miles an hour and an incline grade of 40 degrees. Short-duration/high-intensity sprinting sequences on these treadmills simulate game play. Players are taught proper stride mechanics at high speeds and learn to self-correct in three ways: realtime visual — by training in front of a mirror; auditory — through the coach's cues; and delayed visual — through Darfish video motion analysis. **Stride efficiency and power make a faster, more efficient player.**

STRENGTH TRAINING

Be a stronger player. Control the boards. At the Five-Star BlueStreak Basketball Academy, athletes increase strength in muscles, joints and connective tissues, as well as increase lower body power in the hip and trunk region. Exercises are biomechanically specific to basketball, including muscle movements used in shooting, passing and rebounding. **On-court strength equals ball control and possession.**

PLYOMETRIC TRAINING

Plyometric training is a very effective form of power training ideally suited to basketball players. Athletes perform specific plyometric drills for increased coordination, explosive power, vertical jump height, lateral control and landing



strength. Plyometrics combine elements of both speed and strength in single movement patterns that include the Athletic Republic PlyoPress, longitudinal and vertical jumps, box jumps, and medicine ball drills for upper body and torso power. **Body control and quick reaction time help players defend better and attack more effectively.**

SKILLS DEVELOPMENT

Be successful on the court. Improve individual ball handling, shooting and defensive skills by training with Five-Star Basketball coaches. Skills development workouts include multiple drills that focus on ball handling, shooting, off-balance accuracy, soft hands, passing, rebounding and power. Specific attention is given to defensive strategies, including man-to-man and team defense.

Coaches work with athletes in small groups to improve basketball fundamentals. Skills development and practices are age and level appropriate. Younger athletes focus on basic individual skills while older players experience sessions formatted like competitive high school and college practices. **Improved skills equal improved on-court production and success.**

FIVE-STAR BASKETBALL

Five-Star was founded in 1966 to provide players and coaches with a place to improve their game. Five-Star has since revolutionized the basketball world; through its camps, Five-Star has given thousands of its graduates the opportunity to play collegiate and professional basketball. www.five-starbasketball.com



BlueStreak Sports Training is a licensed provider of the highly effective training protocols developed by the Athletic Republic. BlueStreak operates facilities in the New York Tri-State area, including Stamford, Connecticut and Hapauge, Long Island; and is affiliated with Chelsea Piers BlueStreak in New York City. Chelsea Piers BlueStreak was created in 2007 to meet the training demands of individual athletes and athletic organizations in the New York City metropolitan area.



Basketball Academy

The unique experiences and resources of Five-Star and BlueStreak combine to deliver the most comprehensive basketball and physical conditioning training in the country. Athletes enjoy Five-Star skills training, while also utilizing Athletic Republic-patented training protocols and equipment at BlueStreak. Five-Star BlueStreak Basketball Academy programs at Chelsea Piers BlueStreak make use of both the BlueStreak training facility and the adjacent Sports Center's three hardwood basketball courts for skills development, game-play and strategy drills.



The Athletic Republic was founded in 1990 and is the world's premier provider of advanced athletic performance training programs. Through a systematic series of supervised training protocols and specifically designed exercises, Athletic Republic training programs enhance the physical performance of athletes at all levels. More than 2,500 professional athletes have benefited from these programs. www.athleticrepublic.com