

FINANCIAL INVESTMENT

All Inclusive Package:

- Advanced Skills
- Video Tracking
- Advanced Plyometrics Training
- Weight Training
- Nutritional Consultation
- Guest Speakers
- Boston Pizza Meal Plan Add \$100



6 weeks: \$1770	Register by June 1: \$1680
5 weeks: \$1475	Register by June 1: \$1385
3 weeks: \$ 925	Register by June 1: \$ 835
1 week: \$ 400	Register by June 1: \$ 375

Bare Bones Package:

- Advanced Skills
- Video Tracking Analysis
- Plyometrics Training
- Guest Speakers

6 weeks: \$1320	Register by June 1: \$1230
5 weeks: \$1100	Register by June 1: \$1010
3 weeks: \$ 660	Register by June 1: \$ 600
1 week: \$ 350	Register by June 1: \$ 300

New feature: afternoon pick up \$45 per week.

Ask about CYO discounts.

REGISTRATION

Send cheque to S. Cuevas, 37 Meadowview Ave,
Guelph N1H 5S7

Name: _____

Street: _____

City/Postal: _____

Age: _____ Phone: _____

Email: _____

I acknowledge that photos & video taken at skills training remain the property of Shake True Hoops (STH) and may be used in promotional materials. I acknowledge the inherent risk in sports and will not hold Steve Cuevas nor any STH staff liable for any mishap, injury or death ensuing from STH training.

Parent Signature _____

FACILITIES

Shake True Hoops can Train, Develop, Build,
Teach, Feed and Videotape you in an ideal setting.

SJK – An Education Beyond Today



SPONSORS



A Pilot Program Accredited
by Canada Basketball



For more info about Shaker and STH programs visit

www.shaketruehoops.com

519-827-0534

SHAKE TRUE HOOPS

Are you as good as you can be?

HIGH INTENSITY SUMMER PROGRAM

A totally comprehensive
basketball development
program:

- ✓ Fundamentals & Advanced Techniques
- ✓ 3 on 3 game play
- ✓ Interactive full court basketball against former pro-players
- ✓ Video Tracking & Game Analysis
- ✓ Strength & Muscle development
- ✓ Nutritional consultation

July & August

Mon-Thurs 3:45 – 7:00 pm
St. John's-Kilmarnock, Breslau



Boys and
Girls Ages
13 – 19 yrs

High Intensity Summer Training



The High Intensity program is not recommended for those who are not truly committed to excel. For a less rigorous camp, consider STH at Shelldale in Guelph.

PROGRAM BREAKDOWN

Week One

- One Man Maneuvers
- Intro to Weight Room (1 day)
- Plyometrics (3 days)
- 1 on 1 play
- Preliminary Nutritional Assessment

Week Two

- One & Two Man Maneuvers
- Weight Training (2 days)
- Plyometrics (2 days)
- 2 on 2 play
- Interactive Scrimmages

Week Three

- One-Two-Three Man Maneuvers
- Weight Training (2 days)
- Plyometrics (2 days)
- 3 on 3 play
- Interactive Scrimmage
- Diet Plan

Week Four

- Position Specific Fundamentals
- Weight Training (2 days)
- Plyometrics (2 days)
- Transitional 4 on 4 play
- Interactive Scrimmages

Week Five

- Full Court Pressure “D” & “O”
- Weight Training (2 days)
- Plyometrics (2 days)
- Full Court Pressure 5 on 5
- Interactive Scrimmages

Week Six

- One & Two Man Maneuvers
- Scrimmage Position Specific
- Weight Training



To benefit

For Goodness
Shake!

Date: Sat Aug 20/11

Rain date: Sun Aug 21/11

2nd Rain Date: Mon Aug 22/11

BENEFITS OF PROGRAM

My name is Steve “Shaker” Cuevas and I have trained basketball players for 20 years. In that time it has become evident to me that, in order to move to the elite level, **a player must show dedication and diligence to mastering the basics of the game.** This program allows for a steady progression over an extended time period. The in-depth explanation of game strategies and techniques virtually ensures a greater understanding of the game and what is required to excel at the next level.

Competitive players must be able to sustain a high level of performance in an ever-increasingly physical game. **Strength training for basketball players is more important than ever before because it can increase performance, durability, and self-confidence.** Patrick Nield of A2 Athletic Acceleration will be on hand to share his extensive weight training experience and to engage participants in a strength and muscle development program.

Diet and nutritional requirements for athletes is an important factor contributing to performance and overall health. A nutritional consultation by Maritza Robertson of Health Insights Inc. will increase the participant’s knowledge and **awareness** of fluctuating energy levels during workouts and **games.**

In the pursuit of offering a fully comprehensive program, STH is introducing the **STH Meal Plan** for a reasonable cost. The Boston Pizza Meal Plan includes a meal card with delivery to SJK and also includes a nutritionist’s custom dietary plan, and Market Fresh fruit and Body Systems Nutrition power bars.

Most players never see themselves play or analyze game film until university or pro-ball. Throughout the program there will be **daily video tracking and assessment.**

All guest speakers are former and current professional & university players who have already participated in this program.

“Out of town camps range from \$500 - \$620 per week. I am not aware of any other camps in the region that offer as comprehensive a routine, in such a beautiful setting with access to such splendid facilities over an extended period.”

Shaker



PREVIOUS PARTICIPANTS



James Gillingham

Canadian National Team, Division 1 Bradley Bundes Liga West Germany

“Any player from Guelph who is any good has gone through Shaker.”



Mike Ayanbadejo, SJK Alumnus

CIS Runner up Player of Year '03, Provincial & Junior National Team, Pro-player in France, Gryphon Hall of Fame. “Shakers’ knowledge & allowed me to round out my skills so I could succeed at the next level.”



John Popofski

Ontario Provincial Team, University National Team, Canisius College Division 1

“Shaker’s training was key to my success!”



Jon House

Centennial High School Senior

Belmont Bruins Division 1 2007-2011

“Shaker taught me from one level to the next – grade school to the National teams.”



Koven Padayachee

D-10 All Star, D-10 Dunk Champ, University of Guelph Gryphon Starter, Ontario Professional Basketball Association



Sarah Teeter

D-10 All Star, Provincial Team,

University of Guelph Gryphons, OUA All Star

“Without Shaker I wouldn’t be where I am today, I’ve learned everything from him.”



Christine Gibson

D-10 All Star, Captain of Wilfrid Laurier

Golden Hawks, OUA All Star

“I owe my career to Shaker stressing hard work and developing a jump shot”.



Natalie Achonwa

D-10 All Star, Canadian National Senior Womens Team, Notre Dame Div 1, All-Rookie Team Big East Conference.

“Shaker taught me my jump shot that allowed me to make the Elite programs in Canada”.



Kim Cupid

D-10 All Star, U of Ottawa Gee Gees, OAU All-Rookie Team & OUA Defensive Player.

“Shaker helped develop my point guard skills and defensive intensity”.