

## FINANCIAL INVESTMENT

### All Inclusive Package:

- Advanced Skills
  - Video Tracking
  - Advanced Plyometrics Training
  - Weight Training
  - Nutritional Consultation
  - Guest Speakers
  - Boston Pizza Meal Plan Add \$100
- 7 weeks: \$2060      Register by May 15: \$1970  
 6 weeks: \$1770      Register by May 15: \$1680  
 5 weeks: \$1475      Register by May 15: \$1385  
 3 weeks: \$ 925      Register by May 15: \$ 835



### Bare Bones Package:

- Advanced Skills
  - Video Tracking Analysis
  - Plyometrics Training
  - Guest Speakers
- 7 weeks: \$1540      Register by May 15: \$1450  
 6 weeks: \$1320      Register by May 15: \$1230  
 5 weeks: \$1100      Register by May 15: \$1010  
 3 weeks: \$ 660      Register by May 15: \$ 600

## 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 \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

## FACILITIES

at [www.sjkschool.org](http://www.sjkschool.org)



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

SJK

An

Education

Beyond

Today

## SPONSORS



Bookshelf

GYMC

Bulldog Fitness



Viewfinder

Photography

Gateway Memorial  
 Pet Cemetery



Dino's Athletic Direct

Market Fresh

For more info about Shaker and STH programs

[www.shaketruehoops.com](http://www.shaketruehoops.com)

519-827-0534

# SHAKE TRUE HOOPS

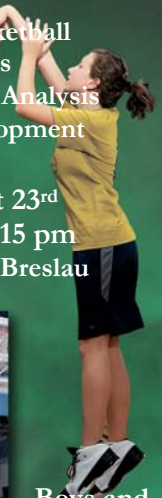
*Are you as good as you can be?*

## 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

June 29<sup>th</sup> to August 23<sup>rd</sup>  
 Mon-Thurs 3:45 – 7:15 pm  
 St. John's-Kilmarnock, Breslau



Boys and  
 Girls Ages  
 13 – 19 yrs

## High Intensity Summer Training



Participants have 7 weeks to complete a 7, 6, 5 or 3 week program. The High Intensity program is not recommended for those who are not truly committed to excel. For a less rigorous camp, consider STH at Sheldale 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

### Week Seven

- Two & Three Man Maneuvers
- Scrimmage Position Specific
- Weight Training
- Final Nutritional Consultation

## 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 explanations 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 share his extensive weight training experience and engage each participant 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 smoothies.



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, Ontario Provincial & Junior National Team, Junior National Team, Pro-player in France  
“Shakers’ knowledge & instruction 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 2007-2009  
“Shaker taught me from one level to the next – grade School to the National teams I play on.”



### 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



### Natalie Achonwa

D-10 All Star, National Elite Development Academy  
“Shaker taught me my jump shot which allowed me to make the Elite programs in Canada.”



### Kim Cupid

Our Lady of Lourdes Senior  
D-10 All Star