

**Ready To**

**GET BETTER?**

## Wisconsin Impact 2018 Fall Development

Martin Luther High School (5201 S 76<sup>th</sup> St, Greendale) – Girls Only!

Every training opportunity is split between strength & conditioning led by a professionally certified trainer and controlled full-court 4v4 scrimmaging led by Impact's staff of experienced coaches.

Strength & conditioning activities are age-appropriate, utilize Martin Luther's training areas and equipment, and are focused on:

- Improving body composition
- Enhancing basketball-specific function
  - Improving joint integrity
  - Preventing injury

Basketball activities are focused on:

- Full-court 4v4 competition
- Emphasizing philosophies and skill sets consistent with Impact offensive approach
- Emphasizing up-tempo style, decision-making, dribble penetration, and outside shooting

Wednesday Sessions (8) – September 5 to October 31 (no 10/24) - \$60 (\$90 non-Impact)

4<sup>th</sup>-7<sup>th</sup> – 7:30p-8:45p

8<sup>th</sup>-12<sup>th</sup> – 7:45p-9:00p

Sunday Sessions (8) – September 9 to October 28 - \$60 (\$90 non-Impact)

4<sup>th</sup>-7<sup>th</sup> – 7:00p-8:30p (9/23 only: 9:00a-10:30a)

8<sup>th</sup>-12<sup>th</sup> – 7:30p-9:00p (9/23 only: 9:30a-11:00a)

Players Can Sign Up For Both Sessions at Discounted Price of \$100 (\$150 non-Impact)

Each Session Limited to Only 24 Participants!

Individual Session Sign-Ups Allowed If Capacity - \$10 Each (\$15 non-Impact)

See [www.wisconsinimpact.com](http://www.wisconsinimpact.com) for more details and registration information.

Contact [info@wisconsinimpact.com](mailto:info@wisconsinimpact.com) or 414.630.1778 with questions.

