



## Summer 2020 Virtual Training

Top Tier Basketball is happy to offer a full-scale skill-development and training experience for 9 weeks this summer.

Players will be automatically enrolled in the HomeCourt app for teams and TrueCoach for their strength and agility training.

We will provide skill workouts weekly through direct video and the Homecourt App – leaderboards and progress charts will be kept

Certified Strength Coach Mitch Caissy will develop programs for each athlete and assign through the TrueCoach app as well as being available weekly for group Zoom chats to talk through the next week's upcoming workouts.

Modules will be sent to each athlete including topics such as: leadership, goal-setting, mindset, habits, learning to learn, and training grit.

Take all the material with you to help continue to grow your game!

Sign up and pay all online at:

[www.toptierbasketball/virtualcamp](http://www.toptierbasketball/virtualcamp)

### Location

**Your home court!**

**Coaches: Matt  
Gamblin, Mitch  
Caissy**

**Boys and Girls  
Ages: 12-18**

**July 3 – Sept 4,  
2020**

Cost per Athlete  
**\$225**

### Athlete Receives:

- **9 weeks of skill training**
- **9 weeks of strength and agility training**
- **Live leaderboards and challenges**
- **5 Leadership Modules**
- **T-shirt**

[www.toptierbasketball.ca](http://www.toptierbasketball.ca)

**Email:**

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