



PEAK BASKETBALL TRAINING

PROGRAM DESCRIPTION

PEAK Basketball Training is a high-performance program with the primary goal of helping players reach the PEAK of their potential. The PEAK program is a collaboration between Split Second Basketball, the Oval High performance department and the Richmond Virtual School allowing athletes with aspirations of competing at the collegiate level to access high performance training in a world class facility while acquiring school credit toward their PE curriculum.

On court technical sessions will be led by Split Second coaches. Focus will be placed on individual skill development, and decision-making during game play.

Off court training sessions will occur in the Oval's High Performance training center and will be designed specifically for the needs of basketball players and modified throughout the season to obtain optimum performance when it counts. In addition to regular strength and conditioning sessions, athletes will be supported by the Oval's integrated Support Team (IST) which provide access to a sport dietician and mental performance consultant to further enhance their development.



FALL: OCTOBER 3 – NOVEMBER 23

TUESDAY & THURSDAYS	6:00AM-7:00AM S&C	7:00AM-8:00AM ON COURT
OCTOBER 4, 6, 11, 13, 18, 20, 25, 27		
NOVEMBER 1, 3, 8, 10, 15, 17, 22, 24		
NUTRITION FOR SPORT PERFORMANCE		
FRIDAY, OCTOBER 14, 5:00PM-6:00PM CHOICES KERRISDALE		
MENTAL PERFORMANCE		
WEDNESDAY, NOVEMBER 16, 5:00PM-6:00PM		

COST: \$775.00

OVAL HP

SPLIT SECOND
BASKETBALL

Please email info@splitsecondbasketball.com for more information.