

# Fairfax Stars

## Advanced Skills Development League

Due to the popularity of our 2<sup>nd</sup> Advanced Skills Development League...the Fairfax Stars have decided to run another 6 week Advanced Skills Development League. A 3 week option is also available. The League will begin January 8<sup>th</sup>, 2012 and run through February 12<sup>th</sup>, 2012. If you want to be the best...this is the Skills League to join! Below is a list of what will be Highlighted each Sunday...the League will conclude with Round Robin play so you can put everything you learned over the 5 weeks into practice

Nationally known trainers from all over the country will be brought in each week to provide their knowledge of the game.

- ★ **Jan 8<sup>th</sup>** **Player Development training with Kelvin Johnson**
  - As a four-year men's basketball starter and two-time captain, Kelvin Johnson was an integral member of the Richmond Spiders' first post-season team that appeared in the 1982 NIT, and the school's first NCAA team which defeated Auburn in the first round of the 1984 tournament. He scored 16 points in the triumph over the Charles Barkley-led Auburn squad, and followed that with a game-high 27 points in a second round NCAA game against Indiana. In 1985, Kelvin was named second team All-Colonial Athletic Association and CAA All-Tournament Team.
- ★ **Jan 15<sup>th</sup>** **Core/Strength Conditioning Training with Wallace Lee**
  - Session will include strengthening your core, and muscle conditioning
  - Wallace Lee is a well-known independent strength and conditioning trainer in the Washington, DC Metropolitan area. In 1997 Coach Lee started the non-profit program, Mentors That Care. The program's main purpose was to provide young female athletes with the same opportunities that have been available for their male counter parts, for so long. The program has expanded to train and mentor male and female athletes. The program offers tutoring, S.A.T. Prep classes, group sessions, field trips, college visits and much more. Over the years Coach Lee's main focus and goal has been to remain committed to developing mentally and physically strong, young athletes
- ★ **Jan 22<sup>nd</sup>** **Mike Morrison with Nike Pre-Draft Camp**
  - Mike played 11 seasons as a professional basketball player in the NBA and Europe, including playing for the Phoenix Suns, Washington Bullets/Wizards, Philadelphia 76ers, Orlando Magic, and Dallas Mavericks. He has 8 years of experience in directing sports programs and 6 years of experience in coaching/training, coordinating and organizing basketball teams. Mike is a phenomenal speaker with 20 years of experience doing motivational speaking to youth, collegiate, and professional teams/organizations. Mike is currently head of the basketball division at Acceleration Sports Institute in Greenville, SC.
- ★ **Jan 29<sup>th</sup>** **PGC Basketball—Mano Watsa (PGC President and Director)**
  - Learn the key concepts that are taught at PGC. From heightening your productivity in practice to learning key leadership principles, players will be challenged to think and play the game differently.
  - Mano's involvement with teaching the game began at the age of 15, when he started his own basketball camp in his parents' backyard. Within a few years, Mano's camps were attracting more than 100 participants per week, and he began to hold overnight camps for players across the country. In 2001, after a seven-year friendship with PGC founder Dick DeVenzio, Mano created his own program (called 'Point Guard Academy') as a tribute to Dick. Mano and Dena Evans (PGC's Owner) joined forces in 2007, and Mano now serves as President of PGC Basketball and directs "[Essentials](#)" and "[The Prep School](#)" courses on the PGC summer tour.
- ★ **Feb 5<sup>th</sup>** **Ganon Baker Basketball—Trainer Tyler Relph**
  - Ganon Baker Basketball is a Basketball Services Company, sponsored by Nike, which specializes in Individual and Team Training, Camps and Instructional DVDs.
  - Tyler's strengths are his energy and his intensity in his workouts. Having played in the Big East and the Atlantic 10 as a 5'11 guard gives him an unbelievable track record as having success as an undersized player. Tyler has an outstanding educational background for teaching offensive skills. Players absolutely love his workout.
- ★ **Feb 12<sup>th</sup>** **Round Robin Play**

Advanced Skills Development League is open to Boys and Girls ages 12-17. Players under the age of 12 may participate upon director approval ONLY. Please contact the Fairfax Stars at [fairfaxstars@aol.com](mailto:fairfaxstars@aol.com) for approval. Include a brief description of your playing experience.

The Skills Development League will be held on Sundays at Madison HS\* from 10:00am-12:00pm starting Jan 8<sup>th</sup> and will run through February 12<sup>th</sup>. \*PGC Session will run from 9:00am-12:00pm\*

If any sessions are canceled due to the weather or other unforeseen circumstances, all attempts will be made to make up the session. In the event a session cannot be made up, no refunds will be given.

6 week Cost is \$300/player which includes \$5.50 in fees that must go to Fairfax County (Community and Recreation Services). The 6 week option is recommended to receive maximum benefit.

3 week Cost is \$200/player which includes \$5.50 in fees that must go to Fairfax County (Community and Recreation Services). The 3 week option will allow you to choose to attend 2 of the first 5 weeks and you MUST attend the last week for Round Robin play. In addition to the above costs, if you are not a resident of Fairfax County, an additional \$30 must be paid to the county as they have imposed an out of county fee. This fee is made payable to the Fairfax Stars and we will in turn provide that payment to the County.

**Registration Deadline is January 4, 2012 and space is limited...sign ups will be taken on a first come first served basis!**

For more information contact the Fairfax Stars at [fairfaxstars@aol.com](mailto:fairfaxstars@aol.com)

*\*Location subject to change*

## Registration Form for Advanced Skills Development League

*please type or print CLEARLY*



Player Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Grade: \_\_\_\_\_ School Player attends: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Please check which option best describes your skill level/basketball experience...

\_\_\_\_\_ AAU National Team

\_\_\_\_\_ AAU Regional Team

\_\_\_\_\_ Travel Team

Check Number of Sessions signing up for \_\_\_\_\_ 6 \_\_\_\_\_ 3

If signing up for 3 sessions, check which 2 you will attend in addition to the final week:

\_\_\_\_\_ Jan 8<sup>th</sup> Player Development Training with Kelvin Johnson

\_\_\_\_\_ Jan 15<sup>th</sup> Core/Strength Conditioning Training with Wallace Lee

\_\_\_\_\_ Jan 22<sup>nd</sup> Mike Morrison of Nike Pre-Draft Camp

\_\_\_\_\_ Jan 29<sup>th</sup> PGC Basketball—Mano Watsa

\_\_\_\_\_ Feb 5<sup>th</sup> Ganon Baker Basketball—Trainer Tyler Relph

Return registration form and payment to Fairfax Stars, 2801 Glade Vale Way, Vienna, VA 22181

Checks made payable to Fairfax Stars

Payments can also be made online at: [http://www.fairfaxstars.org/shopsite\\_sc/](http://www.fairfaxstars.org/shopsite_sc/)

*For administrative use ONLY*

Amount Paid: \_\_\_\_\_ Payment Method: \_\_\_\_\_

Complete if paid by check-- Check Number: \_\_\_\_\_ Name on Check: \_\_\_\_\_