



# Individual Training Sessions (ITS)

## Achieve Optimal Performance

**Individual Skill Development Workouts** – building the foundation – the wider the base, the higher the elevation – expand your toolbox (\$85.00/hour)

**Partner Skill Development Workouts** – time to compete – the next developmental step is to compete with a similar-skilled athlete – put your skills to use (\$70.00/hour)

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### Skill Development Emphasis

Footwork, Balance, Technical Correction

Develop Speed, Agility & Quickness (SAQ Training)

Build Confidence, Learn To Compete, Attitude of a Champion

Shift Your Defender, Make a Read, Execute with Poise & Confidence

What is Your Signature Move - What is Your Counter Move - How to Build Both

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To schedule your **Individual Training Session**, contact **Mark Hogan** or **Emily Larson**

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### What they're saying:

**Vanessa Wesolowski** – Mount Royal University, University of Calgary

- "These individual workouts are nothing I've ever experienced before. I have had many different coaches put me through individual workouts but never have they pushed the best out of me like these ones do. You actually walk away a better basketball player."

**Carrie Pickering** – Mount Royal University

- "Individual workouts have given me the initiative and drive to become better. Each workout pushes me to compete, and I love it. The workouts have purpose and are extremely beneficial. Anyone who consistently competes in them will become better."

**Nikki Golding** – Mount Royal University

- "A huge component of becoming an elite athlete is being able to push yourself. These individual workouts have taken me beyond any level I could have achieved on my own and continue to develop my skills and endurance."

