



3RD - 12TH GRADE

SPRING ACADEMY

PLACEMENT DAY ITINERARY

Parent Meeting

Training Session Evaluations

M14HOOPS STATS

- Founded September 23, 2009
- Helped families save over \$10 Million in athletic scholarships

A few M14Hoops Alum:

- Greta Kampschroeder – Michigan
- Patrick Robinson – UMSL
- Kenzie Hare – Marquette
- Jonah Hinton – NW Missouri State
- Dre Davis – Seton Hall
- Nijel Pack – Miami University
- Syd Parrish – University of Indiana
- Meg Newman – Arizona State University

We care and we celebrate all of our players! Character development and life skills are equally as important to us as their success on the court. It matters!

BUSINESS MODEL: RESULTS & QUALITY

We pride ourselves in getting results! This is achieved by placing players in the right environment to advance their development.

What matters to us:

- Commitment level – basketball is a tomorrow sport, you have to work TODAY!
- Accountability – all stakeholders have a vital role to play!
- Rules – must be followed!
- Honesty + Integrity + Respect – winning combination!
- Quality matters!

Placement Day: The What and Why

Placement Day is our try-out for the M14 Academy. This is our way to ensure quality as we are able to observe who is not only interested but also committed. This is the fairest way we have found to assess growth and talent from season to season. Players are evaluated based on skill and talent in hopes of being placed in one of our M14 Academy classes. This means that not everyone will be placed. Each Academy Season, spots are **earned** which means all players must be evaluated before the preceding Academy Season.



If your player is not available for their official Placement Day, we do offer make-up evaluations. All players must be evaluated by March 7th to be considered in the first round of invites. If an alternate date is needed, please contact us at infoslcsouth@m14hoops.com.

M14 Academy Training Program

- 3-month commitment
 - 12-weeks total
 - 24 Total sessions with 12 makeup sessions offered
- Difference in groups: At each grade level we divide based on ability.
- Progressive Program: Each Session & Part building on the next.
- IQ/Mentality Training
 - Competitions (1on1, 3on3)
 - Helps us address body language, listening, adversity, and “being a star”
- Skill progression correlates with each player’s needs

CURRICULUM

Part 1: **BALL HANDLING** (creating space, footwork, attack moves, handling pressure***zigzag drill***)

Part 2: **SHOOTING** (footwork, shots off the dribble, catch & shoot, form shooting, moving without the ball)

Part 3: **Translation (3on3, defense, moving without the ball)**

The first 4 weeks we will work on ball handling, the next 4 weeks will be dedicated to shooting and the last 4 weeks the players will compete against each other (3on3, defense, moving without the ball). Our philosophy is to introduce a move to a player, show them ‘how’ to do the move and ‘why’ they are doing the move. After that we want that player to get as many repetitions as possible doing that move at the correct pace.

Each week we build on our moves and concepts, so attendance is expected. Players in this program do need to purchase our Player Package which is our practice jersey and ball handling videos. Our ball handling videos are what we expect players to interact with when they are not at training sessions with us.



Spring A.T.P. OVERVIEW

- ALL players must be evaluated for this program
- If the program has started you will need to email infoslcsouth@m14hoops.com to set up a private evaluation
- 12-week commitment starting in Mid-March ending May 30 2025
- 2 sessions a week with a weekly make up session offered.
- 90 minute sessions each class
- Players are divided into different classes based on skill and talent.
- Progressive Program: Each Session building on the next
- 10:1 Player to Coach Ratio
- Curriculum Overview: Part 1 - Ball Handling, Part 2- Shooting, Part 3 -Translation (3on3)
- Players need to bring their own basketballs

IT WORKS!

After 12 weeks of training expect to see RESULTS! 97% of all players who train in our Academy make the grade level team. That percentage increases as the length of time increases that a player has trained with us. The Academy Program stresses skill but also life lessons that will help your player on and off the court. We believe in discipline, structure and creating a positive environment that appropriately challenges players. It works!

**Through the M14 Academy,
Our goal is to make practice skills transferable into game play.**

**We are continuously growing and learning.
We have upgraded our training program to reflect these new concepts.**



BASKETBALL TRAINING FEES:

\$225 per part (\$675 total)

PLAYER PACKAGE: \$20

Includes: Academy Jersey



REGISTRATION

On February 20 the Placement Day results will be emailed, and your 3-day (2/21-2/23) private registration window will open.

***Spots will not be held after the third day
and waiting list participants will be contacted.***

After the initial registration the 2nd & 3rd installments will be automatically deducted from your account on the following schedule:

Part I: February 21-23

Part II: April 1st

Part III: May 1st

- **Urgency – most M14Hoops items are extremely time sensitive and require immediate action**

OTHER SPRING TRAINING OPTIONS:

Spring Night Training

- 3rd-9th Grade Boys & Girls (Groups are divided based on grade level, skill and gender)
- 10:1 player to Coach Ratio
- Each session is 90 minutes
- **Sessions will be divided into two 45-minute segments**
 - **Segment 1:** Ball Handling, creating space, footwork, attack moves, finishing moves
 - **Segment 2:** Shooting, footwork, shots of the dribble, catch and shoot, form shooting, moving without the ball
- Players need to bring their own basketball
- After you have completed registration, there will be no communication from our staff until the Wednesday before the program starts!
- All sessions will be held at **Saint Thomas More Catholic Church - 3015 Creek Rd, Cottonwood Heights, UT 84093**



