



## LJ15 Elites

- 8 week program
- Designed specifically for the individual client
- Goal setting
- Access to the best coaching
- Innovative training
- Follow on programs
- Recording of progress
- Learning environment
- Resources to achieve
- Family type community



## LJ15 Elites are:

- Professional
- Respectful
- Expected to push limits
- Committed
- Considerate
- Never settle for anything less than their best
- Have a good, honest attitude. Strong mental skills



**LJ15 Elites:** Are committed to taking their games to the next level. They train hard, they lead by example, they are respectful of their peers and they put in work to achieve their personal goals. They are our future leaders.



We want to provide kids with the opportunity to develop their basketball skills along with their leadership, socialisation and everyday confidence building skills. Providing a place where children, teens and young adults have an environment where they can count on the very best and dedicated coaches, who come from where they come from, and achieved the very highest level in their sport.

Basketball is my passion, and I am very proud to come from the border. Born and raised a country girl, who took every opportunity to succeed in the field I love, and now, I want to give that back. With some very good and qualified friends of mine, who are committed to this community and to great outcomes, we have decided it is time to bring the sport back to life in this community.

We are offering a training program for all different levels, individual and group sessions and guaranteed improved performance, due purely to hard work, inspiration and dedication.

Fun has always been a requirement for me to get the best out of myself, therefore, my philosophy is that hard work is fun, we make it fun, we make you sweat, but we will give you every opportunity to be at the level you want to be at if you commit to what we are offering, and that is pure intensity, an innate drive to be the best and a commitment to the training, it is all about being on court.

Lastly, I want to create a culture amongst the younger generation who are going to lead this sport into the future in regional centres, where hard work, a good ethical and moral framework and ultimately a burning desire amongst every young individual to be the best they can be, with the sense of belief that they can achieve whatever they want to achieve if they set their mind to it, and work hard.

**THE BALL IS IN YOUR COURT NOW, TAKE THE CHALLENGE – SEE YOU OUT THERE!!!**

## **LJ ELITES 8 WEEK PROGRAM**

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**Any inquiries about group sessions such as schools, please enquire here.**

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