

Academy Highlights



Coaching – Training sessions with elite coaches Grant Tracy, Matt Tamm & Rob Beigle.

Facilities – 8000 sq ft. facility including basketball court, turf, and off-court athletic training center.

Features – Available for Kindergarten to Collegiate/Pro. Weekly to year-around training.

Technical Elements – Ball-handling, dribbling, shooting mechanics, offensive and defensive footwork patterns, short to long range finishing elements, and decreasing inefficient movement.

Game Situations – Reading a defense, running an offense, fast breaks, post moves, creating your shot, help defense, pick and roll awareness, and overall offensive/defensive development.

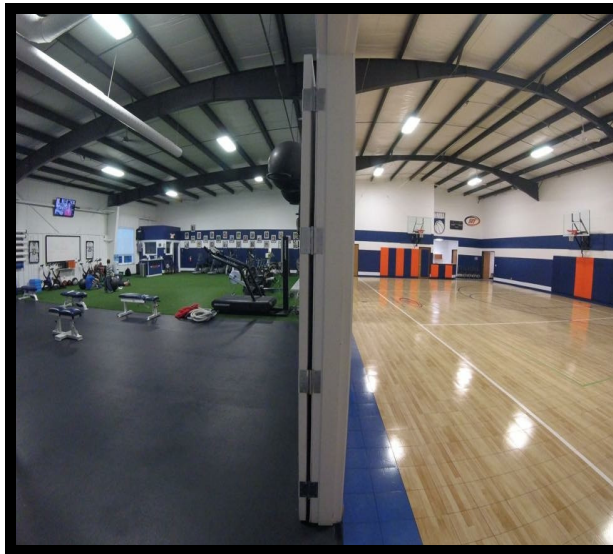
Athletic Development – Increase speed/agility, build explosive power/strength, first step quickness (linear/lateral), cardiovascular efficiency, injury prevention.

Mental – Confidence, goal setting/mind mapping, game and practice focus/preparation, self-discipline, positive attitude, and leadership.

Camp Size – Min: 5 athletes / Max: 20 athletes (1:5 coach to athlete ratio) We reserve the right to change class time's \pm 1 hour and combine classes. If needed, you will be contacted one week prior to academy.

Specialized Sports Training Academies focus on the individual athlete. We strive to build foundational skills set from the ground up, teaching athletes the tools they will need to take their game to the next level. Our coaching staff instructs both fundamental and advanced training methodology for proper and effective athletic development.

- To reserve your spot: (231) 881-9000 or www.orthosport.us
- Limited Enrollment.
- More information: Grant Tracy grant@orthosport.us



OrthoSport Training and Wellness Center

8875 M-119

Harbor Springs, MI 49740

Phone: (231) 881-9000

Website: orthosport.us



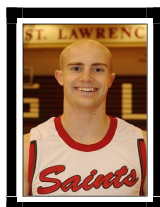
BASKETBALL ACADEMY

SST Basketball Academy is for passionate players that choose to surround themselves with a goal driven basketball culture.





Our coaches specialize in basketball training methods, shooting drills, & dribbling routines. By taking out the extra movements and bad habits that slow you down and keep you from being your best, you will become faster, quicker, and better at the game of basketball.



Grant Tracy, Director of Basketball at SST, is a graduate of Petoskey High School and played collegiately at Grand Rapids Community College & St. Lawrence University. During his career, Grant earned 1st team All BNC, as well as All-Academic honors in the NABC, MCCA, and Liberty League. In 2014 Grant served as an assistant coach for St. Lawrence University. Grant is a certified EXOS Performance Specialist and is currently the Boys Varsity coach at Alanson High School.



Matthew Tamm is a long time mentor, teacher, & coach at Petoskey High School. He has worked with boys and girls at all levels for the past 21 years. He has intense passion & knowledge for the game and attention to details. He is an excellent teacher. Coach Tamm focuses on learning progressions by breaking down skills into drills then incorporating what players have learned in game situations.



Rob Beigle is a Physical Therapist and the Director of Sports Performance. Rob obtained his Masters Degrees at Andrews University and has worked in the sports medicine field for over 15 years. He oversees all performance related programming and strives to develop strategies to enable athletes to perform at a higher level. He has had the opportunity to work with professional, collegiate, high & middle school athletes across multiple sports both in pre, post and in-season training.



JUNE 19 - JUNE 22
JUNE 26 - JUNE 29

JULY 10 - JULY 13
JULY 17 - JULY 20

JULY 31 - AUGUST 3
AUGUST 7 - AUGUST 10

ROOKIE (Grades K-2)

8:00 - 9:15 a.m.
ONE WEEK \$50
TWO WEEKS \$90

PREP (Grades 3-5)

9:30 - 10:45 a.m.
ONE WEEK \$50
TWO WEEKS \$90

VARSITY (Grades 6-8)

5:30 - 7:45 p.m.
ONE WEEK \$100
TWO WEEKS \$180

ELITE (Grades 9-Collegiate)

5:30 - 7:45 p.m.
ONE WEEK \$100
TWO WEEKS \$180