



HOOP HABITS ACADEMY APPLICATION

Name:

Date of Birth:

School to attend in 2024-2025:

Current Grade:

Playing Experience:

Current AAU program:

What is your experience with individual skills training?

What is your experience with sports performance training (speed/strength/agility)?

Have you worked with a nutritionist in the past?

Do you have prior experience with mindset coaching?

What are your 3 main goals with basketball?

What are 3 areas you need the most improvement?

What makes you a good fit for Hoop Habits Academy?