



HOOP HABITS ACADEMY FAQ

How much does the Academy program cost per athlete?

Cost of enrollment is \$1,250/month

What's included in the monthly enrollment fee:

- Hoop Habits Gym Rat Membership - unlimited small group training sessions
- Weekly basketball film review sessions
- Eight individual training skills sessions
- Speed, strength, and performance custom programming
- Nutrition coaching custom program, 1:1 session, and weekly check-ins
- Halo Cryotherapy all-inclusive recovery membership
- Sports Mindset Training monthly seminar

What does a typical week look like? How many hours will I be at the gym? Do I have days off?

Please see the last two pages of this document for a sample off-season and in-season schedule.

Who determines my schedule each week?

On a weekly basis, athletes and their families will work closely with our Academy Directors, Anthony Tucker and Jadee Jones, to make a customized schedule for the upcoming week. Both directors will be easily accessible and serve as the main points of contact for academy athletes and families.

What is the difference between the Academy and a Gym Rat membership?

The Academy membership includes a Gym Rat membership, but also provides the additional pillars of our program: nutrition, sports performance training, recovery, and sports mindset coaching.

Will I have access to the Dr. Dish as an Academy member?

Yes. Dr. Dish rental sessions are free for Academy athletes.



Who will run the sports performance training program?

Sports performance programming will be led by Hoop Habits Director of Player Development, Jadee Jones, as well as our partners, Game Face Training.

Will sports performance training be age specific?

Yes, all sports performance training will be tailored to each individual athlete based on age, strengths, areas of improvement, and athlete goals.

Will my small group sessions be with other athletes of a similar age/ability?

Yes, we will place athletes with similar skillsets and abilities together to create an opportunity for each athlete to maximize development.

Will the nutrition be age and gender specific?

Yes, each athlete's journey in nutrition coaching will be specific to their age, needs, and goals.

How will I manage all of these resources with my in-season schedule?

Our goal is to provide Academy athletes with all of the tools necessary to maximize their growth and development. We will work with athletes to plan their weekly schedule based on the unique demands of pre-season, season, and off-season. Though schedule and frequency may flex throughout the year, basketball skills training, nutrition, sports performance training, recovery, and mindset training will all be incorporated throughout the entirety of the program. Please see the last two pages of this document for a sample off-season and in-season schedule.

ACADEMY PROGRAM OVERVIEW

Sample Monthly Schedule - Pre Season

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Basketball Training Group Training	Sports Performance Training	Basketball Training Group Training	Basketball Training 1:1 Skills Session	Basketball Training Group Training
			Nutrition		Sports Performance Training	Basketball Training Film Review
6	7	8	9	10	11	12
Recovery	Basketball Training 1:1 Skills Session	Basketball Training Group Training	Sports Performance Training	Basketball Training Group Training	Basketball Training 1:1 Skills Session	Basketball Training Group Training
	Sports Performance Training		Nutrition		Sports Performance Training	Basketball Training Film Review
13	14	15	16	17	18	19
Recovery	Basketball Training 1:1 Skills Session	Basketball Training Group Training	Sports Performance Training	Basketball Training Group Training	Basketball Training 1:1 Skills Session	Basketball Training Group Training
	Sports Performance Training		Nutrition		Sports Performance Training	Basketball Training Film Review
20	21	22	23	24	25	26
Recovery	Basketball Training 1:1 Skills Session	Basketball Training Group Training	Sports Performance Training	Basketball Training Group Training	Basketball Training 1:1 Skills Session	Basketball Training Group Training
	Sports Performance Training		Nutrition		Sports Performance Training	Basketball Training Film Review
27	28	29	30	31		
Recovery	Basketball Training 1:1 Skills Session	Basketball Training Group Training	Sports Performance Training	Basketball Training Group Training		
	Sports Performance Training	Mindset Seminar	Nutrition			

Key

- Basketball = Blue
- Sports Performance = Red
- Nutrition = Green
- Mindset = Purple
- Recovery = Black



ACADEMY PROGRAM OVERVIEW

Sample Monthly Schedule - In Season

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Basketball Training 1:1 Skills Session	Basketball Training Group Training	Game Day	Basketball Training Group Training
			Sports Performance Training			Sports Performance Training
5	6	7	8	9	10	11
Recovery	Basketball Training 1:1 Skills Session	Game Day	Basketball Training 1:1 Skills Session	Basketball Training Group Training	Game Day	Basketball Training Group Training
	Nutrition		Sports Performance Training			Sports Performance Training
12	13	14	15	16	17	18
Recovery	Basketball Training 1:1 Skills Session	Game Day	Basketball Training 1:1 Skills Session	Basketball Training Group Training	Game Day	Basketball Training Group Training
	Nutrition		Sports Performance Training			Sports Performance Training
19	20	21	22	23	24	25
Recovery	Basketball Training 1:1 Skills Session	Game Day	Basketball Training 1:1 Skills Session	Basketball Training Group Training	Game Day	Basketball Training Group Training
	Nutrition		Sports Performance Training			Sports Performance Training
26	27	28	29	30	31	
Recovery	Basketball Training 1:1 Skills Session	Game Day	Basketball Training 1:1 Skills Session	Basketball Training Group Training	Game Day	
Mindset Seminar	Nutrition		Sports Performance Training			

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