

CLASS DESCRIPTIONS

> BEGINNER

Intro to training including high reps & fundamentals

> INTERMEDIATE

Builds on Beginner & prepares athlete for Experienced class

> EXPERIENCED

Skill set of a Varsity starter

> MINI BIDDY/YOUNG HOOPER

Introduction to basketball movements & actions

> SMALL GROUP

Classes grouped by skill - limited availability

> PRIVATE

Customized 1-on-1 workouts

> TEAM

Team training for all ages

> POST PLAYER

Focuses on athlete's moves and footwork for HS & college

> PRO

College or pro athletes

> SPECIALITY CAMPS

One Day, Thanksgiving, Holiday and Summer

> FREE SKILLS ASSESSMENT

Staff evaluates the athlete to determine skill level

 SIGN UP ONLINE

 CALL TO SCHEDULE

OTHER SERVICES

SHOT TRAINER

Increase your shooting percentage with our DR. DISH shooting machine. Shoot up to 500 shots in only 30 minutes!

ADULT FITNESS

Get in shape, lose weight and feel good! Classes every Saturday.

PRESTON PLAYBOOK

Only scouting service focusing on Louisiana girls basketball with over 100 Division 1 coaches signed on.



BDAYS



SPECIAL REQUESTS



FREE DEMOS



GYM RENTAL



MEMBERSHIPS AVAILABLE



GUEST SPEAKING

OUR TRAINERS



SKY HYACINTHE
SHOOTING GURU



BEN ARONIN
THE TECHNICIAN



ERNEST WATSON
MASTER TRAINER



SHAMON TOOLLES
POST MASTER

CLASS FUNDAMENTALS



ACES²

- Agility
- Core
- Explosiveness
- Speed
- Strength



SHOOTING ACADEMY

- Become a knock down shooter
- Emphasis on repetition
- 200+ practice game shots



ATTACK ACADEMY

- Increase points per game average
- Improves ball handling
- Improves finishing moves



SKILLS ACADEMY

- Learn a different skill each week
- Increase athlete's IQ
- High intensity and repetition- drills

NEW
CLIENTS
FREE
ASSESSMENT
CLASS



ELEVATE NEXT

ELEVATE NEXT NEW ORLEANS

Visit us online to sign up and for more class information including schedules and pricing.

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OUR PARTNERS



Carrollton
Boosters

