



### **Saint Thomas Academy Basketball Fall Program Grades 6-8**

*Saint Thomas Academy Fall Basketball Preparation is designed to give student athletes an opportunity to continue to work on their skill development as they prepare for the upcoming season. The program consists of the following parts:*

1. **Fall sport participation is encouraged.** We encourage our athletes to participate in cross country, football, and soccer. While in season, we expect our athletes to give those sports their full commitment.
2. **Skill based training.** We will offer skill based training on Tuesdays, Thursdays, and Sundays to accommodate both our athletes who are and who are not participating in a fall sport. These sessions will be provided by the STA Coaching staff and reputable trainers outside of our coaching staff.
3. **Strength Training.** We encourage our athletes to participate in our Cadet Strength program which runs all fall. Our athletes are expected to lift on Monday, Wednesday, and Friday.

**Participation and Dates:** When athletes sign up and pay they can attend as many sessions as they wish:

|                                                           |                                                          |                                    |
|-----------------------------------------------------------|----------------------------------------------------------|------------------------------------|
| Tuesdays:<br>330-430 PM<br>630-730 PM                     | Thursdays:<br>330-430 PM<br>630-730 PM                   | Sundays:<br>600-730 PM             |
| September 15,22,29<br>October 6,13,20,27<br>November 3,10 | September 10,17,24<br>October 1,8,22,29<br>November 5,12 | September 13,20,27<br>October 4,11 |

**Location:** All sessions will be held in Sjoberg and Holtz Gymnasium at STA.

**Cost: \$60 for training sessions**

[Registration Page](#)

**PLEASE REGISTER BY SEPTEMBER 1**

