



BELLEVUE CLUB
YOUTH BASKETBALL ACADEMY





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THE BELLEVUE CLUB YOUTH BASKETBALL ACADEMY

focuses on developing players as individuals and teammates, placing a high value on both skill and character development. The youth basketball class curriculum follows a natural skill progression allowing players to reach their full potential.





BRONZE: INTRODUCTION TO BASKETBALL

Th, 4-4:45 p.m., Sa, 9:30-10:15 a.m., Basketball Gym

Bronze is designed to train players on the fundamentals of basketball. Basic skills such as dribbling, passing and shooting are introduced. Once players are able to show basic proficiency with their skill development, hand-eye coordination and sportsmanship, they will be ready for the next level of training. Bronze players must have completed one session of Super Sports.

*Ses. 1 & 3: \$105/member; Ses. 2 & 4: \$90/member;
Ses. 5: \$120/member*

SILVER: BUILDING FUNDAMENTALS

T, 4-4:45 p.m., Basketball Gym

Silver focuses on building the game's fundamentals. Players will begin to refine their shooting technique, dribbling ability and learn in-game competition. Intermediate skills such as crossovers, running the floor, playing defense, chest passing and jump shots are introduced. Players must display confidence while performing skills, working in a team and following instructions. Silver players must pass the Bronze skills assessment prior to registration.

*Ses. 1 & 3: \$105/member; Ses. 2 & 4: \$90/member;
Ses. 5: \$120/member*

GOLD: FUNDAMENTALS REFINEMENT

Tu, 4:45-5:45 p.m., Basketball Gym

Participants will go through an intense hour long skill-building workout. Each class will focus on a different specific, essential aspect of the game. The goal of these workouts is to focus on skill development and increased confidence through proper repetition. Gold players must pass the Silver skills assessment prior to registration.

*Ses. 1 & 3: \$140/member; Ses. 2 & 4: \$120/member;
Ses. 5: \$160/member*



BASKETBALL CONDITIONING

Th, 4:45-5:45 p.m., Basketball Gym

Join Coach Lawrence for an intense workout focusing on overall strength, stamina and endurance. The best basketball conditioning drills use sport-specific skills and exercises to prepare players for the movements they will perform on the court. As players learn to perform basic skills while exhausted, their in game performances will dramatically improve. This is the perfect way to supplement your training and take your game to the next level!

Ses. 1 & 3: \$140/member; Ses. 2 & 4: \$120/member; Ses. 5: \$160/member

BC BALLERS

M/W, 4-5 p.m., Basketball Gym

BC Ballers allows 1st and 2nd grade boys and girls to gain real-time game experience in a supportive, non-competitive environment. The team will practice on Mondays and scrimmage on Wednesdays. Players are encouraged to participate in other BCYBA classes at their appropriate level.

Ses. 1 & 3: \$280/member; Ses. 2 & 4: \$240/member; Ses. 5: \$230/member

COACHES OPEN GYM

Second Friday of each Month, 6-8 p.m., Basketball Gym

Come join the basketball coaches for a night of games and light skill development. No prior registration needed! Just drop in, meet the coaches and start playing.

\$7/player

SHOOT-A-WAY RENTAL

The Shoot-A-Way acts as an automatic rebounder, dramatically improving your shot. Rental fee includes set up, tear down and instruction for use.

50-minute session: \$30





BASKETBALL LESSONS

Ages 6 and older, Basketball Gym

Private lessons are the most effective way to improve your game. Lessons customized workouts utilizing multiple resources including the Shoot-A-Way, weights balls, adjustable hoop and more!

INDIVIDUAL TRAINING

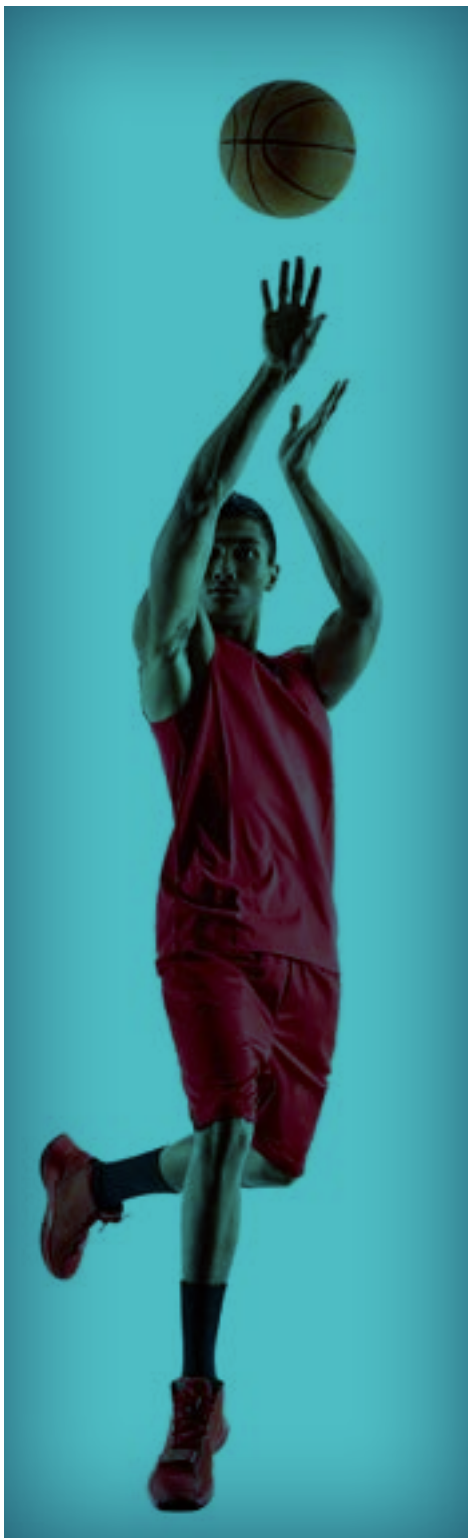
50-minute lesson: \$54/member; 25-minute Lesson: \$27/member

GROUP TRAINING

50 minute lesson for two players: \$70; \$16/additional player for up to four participants. Charges are split evenly between players.

TEAM TRAINING

Available for teams between 4-10 players who are looking to bring their playing to the next level. Fees are charged to a single sponsoring member. Guests allowed under a sponsoring members account. 50-minute session: \$150/team





MEET THE COACHES



COACH LAWRENCE WONG

Coach Lawrence Wong began playing basketball at the age of 7 and has been in love with the game ever since. He played at Garfield High School and went on to play at the community college level. Now on the practice squad for the Seattle Storm, he continues to expand his knowledge of the game. Coach Lawrence's coaching career began as an assistant coach for the IDCCC, where he coached middle school boys, and he is now head coach for high school boys in the Seattle Chinese Athletic Association. Lawrence is also involved in Seattle University's Coach's Clinic. Lawrence believes hard work is everything, followed by dedication and discipline.



COACH ANTONIO CHAVERS

Coach Antonio Chavers is from Fort Worth, Texas, where he earned All-District honors playing at South Hills High School. He then went on to become All-Region at Tyler Junior College before earning a scholarship to play at Washington State University. A two-time slam dunk champion at the Wayne Estes Classic and former member of the Seattle Mountaineers and Kitsap Admirals semi-pro teams, Antonio has experience at a variety of levels. His coaching career started at Bellevue Parks and Recreation from 2009 to 2011, and he has been on staff for Elite Youth Sports since 2015. As a former guard and post player, he is able to reach players at a multitude of positions. He adapts his training to any age, skill set and aims to bring out the best in all his players.



COACH TOMMY TOMSIC

Coach Tommy Tomsic has taught private lessons and group instruction at the Club since 2009 and is recently back from coaching and playing overseas. Tommy is highly sought after in the Seattle area for his excellent one-on-one training ability. He has been actively involved as a coach for AAU basketball since 2008. As a player, Tommy played two years varsity basketball at Bellevue High School and was awarded Kingco Honorable Mention his senior year. Tommy continued his playing career at the college and professional level, playing for Bellevue College and for the Everett Explosion of the IBL. His philosophy is to stress hard work, discipline and mental toughness as they apply to the offensive and defensive fundamentals of the game.



GOT QUESTIONS?

Email basketball@bellevueclub.com or
call 425.455.1616 ext.2429