

# BASKETBALL SPEED CLINIC

featuring...



**Lee Taft**  
A.K.A. The Speed Guy  
[www.leetaft.com](http://www.leetaft.com)

LEE TAFT has been the strength and movement coach for Jimmer Fredette, BYU All-American and candidate for National Player of the Year... since Jimmer was in grade school.

AMAZING BASKETBALL SPEED TECHNIQUES THAT WILL DRAMATICALLY IMPROVE YOUR BASKETBALL SPEED!! DISCOVER HOW THESE TECHNIQUES HAVE TAKEN ORDINARY DEFENSIVE PLAYERS AND TURNED THEM INTO DEFENSIVE STOPPERS!

#### COACHES

Are you tired of not playing the defense you want because your team is too slow?

#### ATHLETES

Does it bother you that you can't shut down your opponent on the defensive end of the court?

#### TRAINERS

Wouldn't you love to know that your SPEED program for basketball players is the absolute best and will get BLAZING results?

**DATE:** Saturday, April 30<sup>th</sup>  
**TIME:** 9-11am  
**SITE:** Gavin Park, Dailey Gym  
**OPEN TO:** All Basketball Players , Ages 8-18  
**CONTACT:** Bryan Briddell, Ph.D.  
518-505-9542  
Bbridde1@nycap.rr.com  
**DEADLINE:** April 10, 2011  
**FEE:** \$45 per Athlete  
(Payable to Saratoga Peak Performance)

**\*\*Coaches are welcome to attend for just \$25.**



**BASKETBALL SPEED is the answer!**

BASKETBALL SPEED is the only basketball training system that will teach you EXACTLY how to progress speed training techniques for the basketball player! Uncover the secrets that have been completely changing the way the defensive player MUST move to become more explosive. Find out how to teach the techniques that allow offensive basketball players to CUT and CHANGE DIRECTIONS with laser-like speed! Learn how to CORRECT common basketball speed mistakes and recover from poor positioning! BASKETBALL SPEED is the only speed program that can be used to teach the beginning player the fundamentals of basketball speed, and the seasoned veteran how to take their game to an even higher level.