

For serious ballplayers who want to gain insight and skills needed to have a tremendous year both on and off the basketball court.

## Southern Idaho BASKETBALL

### BECOME A BETTER BASKETBALL PLAYER BY FOCUSING ON THE FOLLOWING AREAS...

- Become an Offensive Threat!
- Destroy Defenses with the "Pick and Roll"
- Improve Your Free Throw Shooting Percentage
- Develop Ball Handling Skills to Handle Ball Pressure
- Read Your Defender to Efficiently Use All Types of Screens
- Improve Low Post Skills
- Become a Lock Down 1 on 1 Defender
- Broaden Your Understanding of "Team Defense"
- Become a Better Rebounder and Helpside Defender

### SOUTHERN IDAHO WINTER SKILLS CLINIC

SEPARATE YOURSELF FROM YOUR COMPETITION

Each session will highlight historic coaches favorite drills such as Coach K, John Wooden, Phil Jackson, Pat Riley, Bobby Knight



Kyle Dranginis - Current Gonzaga Player

Kyle Dranginis worked with the Southern Idaho Basketball staff for over 4 years to help develop his basketball IQ, skills and passion for the game he loves!

*"It is clear that Southern Idaho Basketball has worked to master fresh and original teaching methods. They combine an engaging communication style with functional and fundamentally sound instruction."*

- Andy Hill, Assistant Men's Basketball - University of Utah

## Southern Idaho BASKETBALL

### WINTER SKILLS CLINIC

*A Clinic to Help You Become a Complete Ballplayer*

**FOR BOYS 8<sup>th</sup>-12<sup>th</sup>**

Cost \$125

Or \$25 Per Session

Jan 22nd, 29th, Feb 5th, 12th, 19th, 26th, March 4th



Do not miss this unique and rare opportunity to help yourself both on and off the basketball court!  
Limited space! This Clinic will sell out!  
SIGN UP TODAY!!

**TO REGISTER MAIL SIGNED FORM IN ALONG WITH \$125**

To secure your spot mail full payment by Jan 15th!

Payable to Southern Idaho Basketball

**FOR MORE INFORMATION**

Call Loren Schwarzhoff 968-2488  
Call Zack White 890-4589  
Email [BSUBasketball@aol.com](mailto:BSUBasketball@aol.com)  
Visit [www.boiseflite.com](http://www.boiseflite.com)

## IMPORTANT FACTS

**PARTICIPANTS:** Boys 8<sup>th</sup>-12<sup>th</sup> grade looking for a unique basketball experience & challenge.

**COST:** \$125 Pay for 6 sessions get 1 FREE!  
OR  
\$25 Per session -Circle Date's attending

### CLINIC SCHEDULE:

**Jan 22nd, 29th**

**Feb 5th, 12th, 19th, 26th**

**March 4<sup>th</sup>**

**All times 4:30-6:00PM**

**TO REGISTER:** Mail form along with \$125 Or \$25 per session circle date's attending! (Payable to Southern Idaho Basketball) to: Loren Schwarzhoff  
1461 S. Tanager Way Boise, Idaho 83709  
**To secure your spot mail full payment by Jan 15th!**

**LOCATION –Les Bois Jr. High**  
4150 East Grand Forest Drive Boise, ID 83716

## This is a high level collegiate style Basketball Clinic

The Southern Idaho Basketball weekly basketball clinic allows players the opportunity to make enormous strides in their game in a short period of time.

Weekly basketball clinics, available winter, spring, fall, stress repetition and proper fundamentals in order for players to experience the most improvement possible during their stay. Development comes through drills, classroom sessions and competition with other campers. Through off-court Physical and Mental Conditioning sessions led by Southern Idaho Basketball specialists, campers will experience a drastic change to their overall game.

Every clinic, regardless of length, features a Core basketball training program that includes basketball instruction plus group physical conditioning and mental conditioning with performance specialists. TOTAL ATHLETE training programs are designed to help facilitate increased development and higher performance with small-group training in the following: mental toughness, nutrition, speed/movement, communication and vision/reaction.

## BASKETBALL CLINIC STAFF

Justin Cliff – Saint Mary's University  
graduate assistant 2006-09

Zack White – 5A Idaho Player of the Year -2000  
University of Idaho Basketball Player  
2002-04

Rob Black – 2 Time 3A Idaho Player of the Year  
College of Southern Idaho Player 2002-04  
*NCAA Certified Basketball Coach*

Matt Borud – Skyview High School Basketball  
Columbia Basin College Player 2000  
*NCAA Certified Basketball Coach*

Jon Neulist – Timberline High School Basketball  
Coach 2005-Present  
*NCAA Certified Basketball Coach*

Loren Schwarzhoff – FLITE Basketball Director  
BSU -Director of Basketball Operations  
*NCAA Certified Basketball Coach*

*Guest speakers and players will attend various sessions  
be ready for high level instruction!*

## ***The Southern Idaho Skills Basketball Clinic - January-February-March - COST \$125***

***Limited Space Sign up Today!!! Mail Form and payment ASAP!! - We will accept walk in registration if spots are available starting at 4PM up to 32 players***

Name: \_\_\_\_\_ Grade \_\_\_\_\_ High School \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_ Parents Cell \_\_\_\_\_ Player Cell \_\_\_\_\_

### ***FULL TUITION REQUIRED TO CONFIRM SKILLS CAMP ENROLLMENT***

Parent Release: I hereby certify my child is in normal health and capable of participating safely in the Southern Idaho Skills Basketball Clinic. I fully understand the inherent risks associated with participation in the sport my child will be participating in. I also grant the Southern Idaho Staff to administer any necessary aid in the absence of a parent or legal guardian in the event of an accident.  
Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_

***Please Mail Form Along with Payment of \$125 (Payable to Southern Idaho Basketball)***

***LOREN SCHWARZHOFF***

***1461 S. Tanager Way - Boise, Idaho 83709***

***We will accept walk-in registration with email notification just bring form and payment to pre-registration at 1PM.***