

# REDLINE ATHLETICS®

## YOUTH ATHLETIC TRAINING CENTERS

### Spring Small Group Basketball Training

Incredible opportunity for ALL BASKETBALL PLAYERS to get professional skill training, speed & agility work, and strength training. Coach David Adelman brings 25+ years of college and youth coaching experience to the skill development side. RedLine helps deliver unparalleled athletic performance training to every athlete in the program.

Each position-specific group will receive 45 minutes of skill development and 45 minutes of basketball-specific strength and agility training!

**8 athletes max per session!**

Limited spots available so please email to register:  
[justin@redlineillinois.com](mailto:justin@redlineillinois.com)



#### Coach Adelman's Background:

- Teaching the game of basketball to kids since 1990.
- Coached at high school, collegiate, and professional level.
- His program serves over 1000 families in the area.
- Coaches both boys and girls of all ages.

LIMITED AVAILABILITY FOR  
INCREASED ATTENTION!



#### Class Times:

- Saturday and Sundays
- 8:30-10:00am
  - 3<sup>rd</sup>-8<sup>th</sup> Grade
- 10:00am-11:30pm
  - 3<sup>rd</sup>-8<sup>th</sup> Grade

#### Dates:

- Starts: Weekend of April 7<sup>th</sup> & 8<sup>th</sup>
- Ends: Weekend of May 19<sup>th</sup> & 20<sup>th</sup> (Excludes May 13<sup>th</sup>)
- Price: 5 sessions - \$250, 3 sessions - \$180, 1 session - \$70
- @RedLine Athletics

**Train like a pro, with the pros.™**

RedLine Athletics  
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David Adelman  
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