

# 4 SEASONS HOOPS

## CURRICULUM CLASSES FAQ

**Curriculum Classes are designed for the serious student of the game.** Serious does not necessarily mean the most talented player, but players who LOVE the game and want to improve significantly.

**Curriculum Classes will typically consist of 4-6 players per class** (with a 1:5 coach to player ratio). 4SH has several years of experience training players and feel that smaller groups can often provide the the best training environment. It allows players to engage in the necessary social interaction and competition with peers while allowing coaches to focus more on their individual needs and provide them with an opportunity to gain adequate repetitions within these smaller groups.

### **a) How does the program work?**

Curriculum classes are broken up by 6 semesters: (Visit <http://4seasonshoops.weebly.com/curriculum-classes1.html> for more details)

Semester 1: October 26 thru November 20

Semester 2: November 30 thru December 18

Semester 3: January 8 thru February 1

Semester 4: February 5 thru March 1

Semester 5: March 5 thru March 29

Semester 6: April 2 thru April 26

Semesters are 4 weeks in duration (Players may chose to attend either 1 or 2 weekly sessions each semester)

Players will be provided with a weekly progressive training plan that will teach them how to breakdown skill work in order to effectively and efficiently work on their own. If players fail to do their weekly assignments, it will most likely be visible to coaches and the other students during the next week's class. We are certainly not here to embarrass players in front of the class if they chose not to work on their own, however these results will be displayed on the report card that they receive at the end of the Semester.

### **b) How do you actually know if my child completed their assignments?**

4SH does not expect players to be perfect. We can however tell if a player picked up a ball to attempt what they have been assigned. Our goal is for players to develop a solid work ethic, have fun, and continue to improve. All that we can ask is that they try their best!

### **c) What are the levels and where will my child fit in?**

#### **1) Pre-Curriculum (PHASE 1)**

Level 1: White (Players 3-4th grade)

\*We do not offer Curriculum training for players this age. They are encouraged to attend Ball Handling Clinics.

#### **2) Curriculum (PHASE 2)**

Level 2: Red (5th grade)

Level 3: Orange (6th grade)

Level 4: Yellow (7th grade)

Level 5: Green (8th grade)

Level 6: Blue (9th grade)

Level 7: Purple (10th grade)

#### **3) Post Curriculum (PHASE 3)**

Level 8: Black (11th through College- advanced level players who have already graduated through the system)

\*\*The above levels only serve as a general timeline for players to progress through the program. Every player is different and some start playing basketball earlier than others. 4SH will use their discretion to place players in the most appropriate class. For example, a player who just start playing basketball in 8th grade will probably not start at Level 5 (Green). 4SH is also available for Private Training to catch players up to speed who may not feel comfortable taking classes with other players who are younger than them.

### **d) How long until my child advances to the next level?**

All players are unique. The program is typically designed for players to complete one entire level per year as shown above. For example, we may expect for red level players to be extremely solid with stationary ball handling by the end of the 6 semesters, while purple can perform advanced ball handling techniques. All players who sign up for the program will receive a copy of the training plan so that they know exactly where they are currently and where they need to be in order to advance through each level.

### **e) Do players graduate to the next level and/or get a good grade on their report card just by participating?**

No. If 4SH does not feel that the player is putting in enough practice to continue to progress or goofing off during classes then they will not advance to the next level until they show improvement. We will be sure to notify parents as to why they did not pass. We care about the development of each and every child and do not feel it is fair to the child or their peers to reward a lack of effort or discipline.

### **f) What if my child needs to miss one session during the Semester?**

We understand that situations will arise. Please give 4SH as much advanced notice as possible for your child's absence and to discuss make up times. (Please be sure to review "4SH Policies" regarding the no refund policy)

**g) What is the cost and how does this compare to other basketball training programs around the area?**

4SH attempts to provide the most affordable based pricing along with reduced pricing for players who wish to register and prepay for more than 1 semester at a time. Our hourly rates are lower than almost all other local skills training programs. You will find other programs who do provide similar hourly rates for group sessions however are often accepting 15+ players into each session where players are a number and not a name.

TERM	OPTIONS	TOTAL # SESSIONS	COST PER SESSION	TOTAL COST
REGISTER & PREPAY for 1 semester at a time	Sign up for 1 weekly class	4	\$20	\$ 80.00
	Sign up for 2 weekly classes	8	\$18	\$ 144.00
REGISTER & PREPAY for 3 semesters at a time	Sign up for 1 weekly class	12	\$16	\$ 192.00
	Sign up for 2 weekly classes	24	\$14	\$ 336.00
REGISTER & PREPAY for the full Fall thru Spring program (6 semesters)	Sign up for 1 weekly class	24	\$14	\$ 336.00
	Sign up for 2 weekly classes	48	\$12	\$ 576.00

**h) What if we cannot attend all six semesters straight and want to take one or two semesters off?**

Players are certainly not required to attend back to back semesters for all six semesters although it is encouraged so that they do not fall behind or stay at the same level. Should a player attend one semester and then miss the next we will just pick up from that standpoint. The same rules apply as above, all players are unique, a player who attends all 6 semesters will most likely graduate to the next level before a player who attends just two out of the six semesters. It is not suggested to accept a spot into the Curriculum Training should you not plan to attend at least 4 out of 6 of the semesters. If your child just wants to improve at random then we do suggest attending weekly Ball Handling Clinics.

**i) Why chose 4SH over other Training Programs?**

4SH provides an attention to detail at a whole new level. Our training methods are designed to help players improve their efficiency and quickness, which enables them to gain confidence quickly. We specialize in a combination of rhythmic footwork patterns and ball handling skills which is our recipe for an EXPLOSIVE basketball player. Other skill work that players will progress through include:

Triple threat attack  
Shooting  
Finishing  
Passing  
Defensive footwork  
Reaction time  
Acceleration/Deceleration

The Coaching and Training staff at 4SH has unique experience working with players of all ages, along with both genders. **We have trainers who have both played and coached at the Collegiate level as well as the high school and elementary school levels. Through this experience**, we have embraced the opportunity to study mechanics of players of all different ages, genders, athletic abilities and skill levels.

**j) Why is it important for players to attend skills training outside of school or AAU practices?**

Coaches do not have the time or energy to break down things such as shooting form for each and every player. Most teams practice once or twice per week and that time is sometimes spent on the following: generalized basic skill work, offenses and defenses, team building, and scrimmaging. It is important that players develop a strong fundamental foundation.

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