

Fundamentally Driven!!

Message for 2017 ITZ AAU players.

Earlier today I announced an agreement with Don Dentith of D1 Workouts. Here are the details of that agreement:

Don will be conducting training at In the Zone, 2 times a week from 6:15-7:15 on a 2 week rotating schedule. The training will start on Monday, Feb 27, 6:15-7:15. The next session will be Wednesday at the same time. The following week the training will be Tuesday/Thursday 6:15-7:15. Then back to Mon/Wed etc. Training will continue through the end of May.

These workouts will mesh with the Coordinated Health SAQ workouts, i.e. Mon Mar 6 is CH workout, Mar 7 is D1, Mar 8 is CH, Mar 9 is D1. The next week the workouts will flip flop.

The D1 workouts are available on a first-come-first served basis. Cost is \$10/session for ITZ AAU players (normally \$20/session) on a pay as you go basis (no packages, no pre-pay). Payment is made to Don Dentith directly in cash with exact change BEFORE the workout.

Space is limited. I'm not sure how many kids are going to take advance of this training so for the first week of training, I am going to take registrations on our website but there won't be any payments made on the website. Payment is in cash directly to Don. If you sign up and don't show up you will still be responsible for payment plus a \$5 no-show penalty to ITZ for taking up someone else's training opportunity.

Don Dentith is Pen Argyl's all time leading scorer and was founder and coach for The Feeder Program AAU program. He has been training and developing basketball players for over 20 years. His workouts are intense, hard and fast paced. Typically kids in 8th grade and above do his workouts.

D1 Workout Dates are:

Feb 27, Mar 1, 7, 9, 13, 15, 21, 23, 27, 29

Apr 4, 6, 10, 12, 18, 20, 24, 26

May 2, 4, 8, 10, 16, 18, 22, 24

Regards,

Steve Turpening

