



PPA Hoops Premier Program

Emerging as the top travel basketball club in the DC/MD area





PPA Premier



PPA Premier Hoops is a premium club sports experience for advanced player development. Our goal is to provide talented players with a challenging and rewarding experience that builds pathways for players to reach high school and the collegiate level. We pride ourselves in setting our players up for success, both on and off the court and, by instilling life values such as passion, leadership and camaraderie.



A Year Round Program

The Premier Hoops Program is a year round travel basketball program.

Practices are held in Bethesda area, including schools such as Stone Ridge, Landon, Norwood, Sidwell, Pyle MS, and North Bethesda MS and more. Our teams compete in local travel leagues such as Force One, Darnestown Cougars, Beth, YDBL, Rising Stars, DMV League, and Bethesda Girls Basketball League. Teams also play in multiple AAU tournaments spread out across the year, in-between fall and spring. As teams get older, and as teams win more, they will compete in more tournaments.

Fall

2 practices/week
Weekend league play
9-10 week season

Winter

2 practices/week
Weekend league play
9-10 week season

Spring

2 practices/week
Weekend league play
9-10 week season

Summer

1 week of day camp
1 week of evening camp
5-6 weekend invite-only premier scrimmaging



Age Group and Team Tiers



Team placements are based on age and merit.

Premier Teams are organized first by gender and by grade. Based on the amount of skilled players per age group, there may be more than one team in an age group. Throughout the year coaches track player progress, and at the end of the spring season, coaches recommend placement based on performance over the season; meaning players who excel during the year will have the opportunity to 'move up' and vice versa. Premier Hoops teams start at 2nd grade, and go up through 8th grade.

Premier Hoops Program

Teams	Progammimg	Price
2nd grade teams	<ul style="list-style-type: none">• 2-2.5 hours of practice each week• League play each season	\$190/month
3rd--5th grade teams	<ul style="list-style-type: none">• 2.5-3 hours of practice each week• Travel league play each season• 1-2+ AAU Tournamnts	\$200/month
6th--8th grade teams	<ul style="list-style-type: none">• 3 hours of practice each week• Travel league play each season• 2-4+ AAU Tournaments• Player fitness programs	\$215/month



Coaching



As a coaching staff we prepare our premier players to be able to compete at the highest level.

Our premier coaches have been identified as the best in the area. They follow an advanced curriculum designed by our technical staff to optimize both team and player development while instilling our PPA Life cultural values.

What makes a PPA Premier coach unique?

All premier coaches go through an intricate vetting and onboarding process. Premier coaches must have in-depth coaching experience and must coach for PPA for at least two seasons before becoming a premier coach. Going in to the 2021-2022 season all Premier Hoops coaches will hold a basketball certification from the National Federation of State High School Associations, or the NFHS.



Fitness Club



This summer PPA's Fitness Club will host two Fitness Combines exclusively for our premier hoops and soccer players on June 26th and August 14th. For 90 minutes, each athlete will participate in a combination of fitness tests and fitness games. Some of our fitness tests will include vertical jump testing, the 40 yard dash, 5-10-5 sprints and more! If you're looking to have fun while becoming an even better athlete, be sure to sign up when registration goes live!



IDP's

Premier players are put on individualized progressions plans to track their progress over multiple years.

Each player can expect to be placed on Individual Development Plans (IDP's) with their coaches. Throughout the year premier coaches evaluate players and provide personalized feed for improvement. IDP's help PPA be more player-oriented. Through our IDP program, players can expect 1 on 1 meeting their coach every season, and tangible step to reach higher levels.

Player Name 11/1/21

Team	PPA 5th green boys	Grade	4th
Position	2-4	Hand	Right

Player Goal	<i>"This year I want to be a better one on one defender, and I would like to consistently make layups with my left hand."</i>
--------------------	---

Push-Up Test	23	1st
Vertical	12 inches	7th
Shuttle run	43.2	3rd
Mile time	8:48	5th

AST per game	6.1	1st
REB per game	2.3	7th
TO per game	4.5	2nd
FT%	90%	1st

Positive	Opportunities for Improvement
<p>-Coachability: Since he was a 1st grader John was always extremely coachable. He takes instruction well, doesn't goof off, and leads by example in his behavior.</p> <p>-IQ: High iq player that has a great understanding of the game: spacing, angles, what works, what doesn't, and why. His knowledge of the game gives him an advantage on the court.</p> <p>-Offensive skill: Very skilled players. One of the first on the team to begin shooting left hand layups. Grady seems comfortable using both hands, to finish or to step through and pass. It's clear this is a function of him practicing these things.</p>	<p>-Man to man defense: John is one of our weaker man to man defenders, and we often hide him on a weaker offensive player. He is often too close to his player, inviting a drive.</p> <p>-Being vocal: Grady leads by example. The next step is being a vocal leader; talking to guys to make sure they know what is going on, or lifting them in quick conversations to boost their confidence.</p> <p><u>Training Recommendations?</u></p> <p>-Needs to spend the spring, and summer especially, trying to guard the other team's best player. Playing and guarding better and/or older players, and really working to become a better and</p>



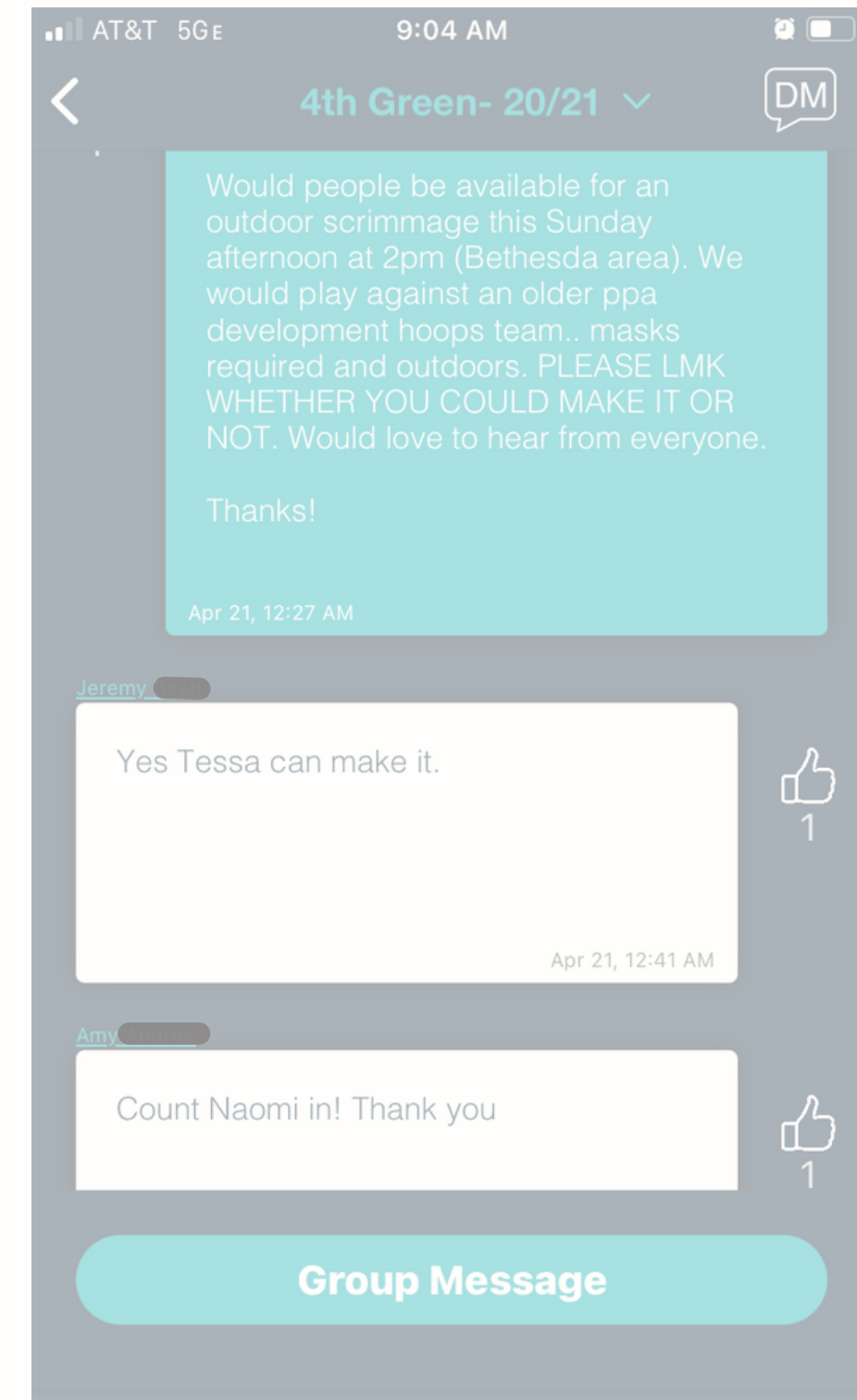
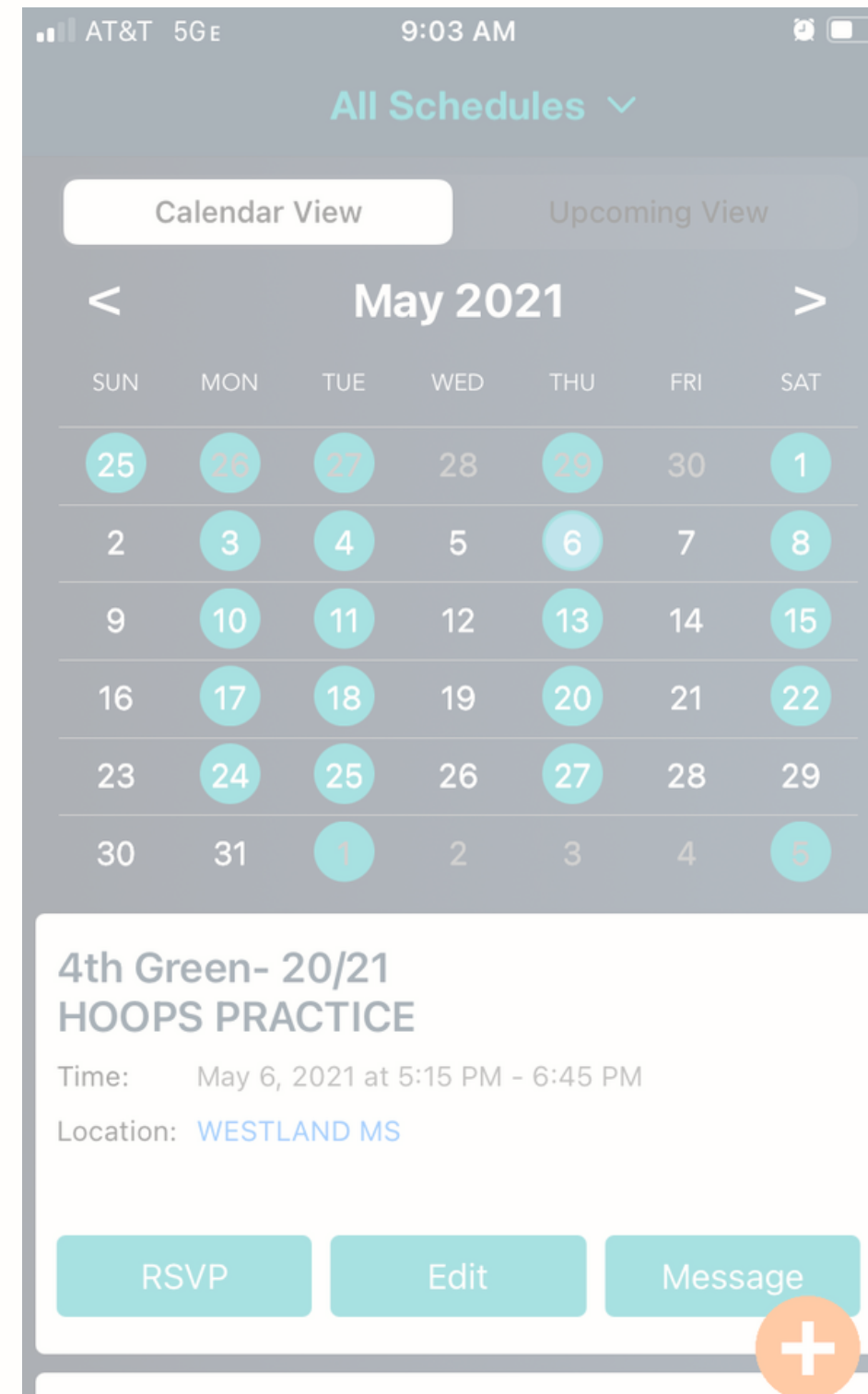
PPA APP

PPA has its own phone app to make the lives of parents as simple as possible. You can download the PPA App from the GooglePlay or Apple Store by clicking one of the links below:

[GooglePlay Store](#) or the [Apple Store](#)

Our App allows parents easy access tot heir PPA schedule and include features to make their lives as parents that much easier, such as:

- A Calendar Sync Function to sync PPA schedules to your google or IOS calendar
- An RSVP function to practices, games, or events on your schedule
- A Team Messenger to stay in communication with the team
- Roster and Contact Information for teams and groups





Gear

Gear is a one-time Fall purchase (every two years). The jersey and gear package is between \$250-300.

What will parents need to purchase?

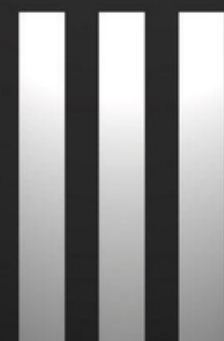
When you join a premier team, all players are required to purchase a jersey set, practice shirts, warm-up set, and a bag.

When do parents get jerseys?

Once you going a team, you should purchase your jerseys as soon as possible. They usually take 2-3 weeks to ship.

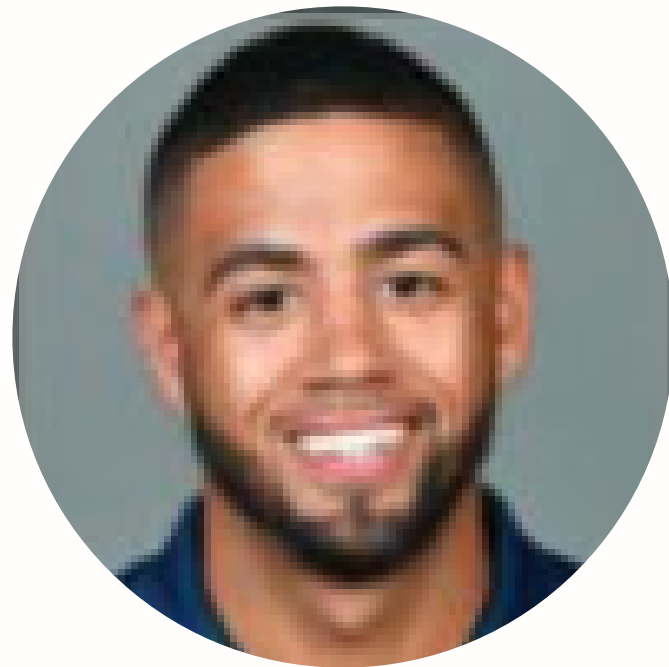
How do I purchase my jersey?

We'll send instruction so that parents can purchase their players jerseys (with the correct sizes) and it will ship to their house.





Program Director



Brandon Wiseman

Brandon@ppateam.com

"I am 24 years old and from Fairfax Virginia. Basketball has always been a passion of mine, in college I served as the head basketball manager for the West Virginia Men's Basketball team while majoring in Sports and Exercise Psychology. While working for the Men's basketball teams my relatedtable responsibilities included :

- Assemble team scouting reports on opposing teams to support coaches' game-planning
- Provide training direction and assist in one-on-one sessions to aid athletes' skill development
- Assist in the planning and directing of off-season conditioning

After Graduating college I worked as a Basketball Operations Intern and then Season Assistant for the Washington Wizards front office. While working for the Wizards some of my realtedable responsibilities included:

- Tracked in-house statistics for draft eligible prospects (5000+ player minutes)
- Prepared web-based intel biographies for all 2020 NBA draft prospects

I look forward to meeting and interacting with all of you. If anyone has any questions, comments, or concerns please don't hesitate to reach out."