

Area's Most
Upscale Court
& Training
Facility



East Coast Basketball

A DIVISION OF EAST COAST CONDITIONING

Director: Philip Colicchio – Linden Head Basketball Coach – New Jersey Coaches Hall of Fame

East Coast Basketball Fall 2011 League



High School Fall League Male & Female Divisions

- **When:** Monday & Wednesday Nights
- **Dates:** September 19 – November 20th
- **Times:** 7:00pm – 10:00pm
- 8 games plus playoff
- Full HS teams only – Non AAU
- Trophy awarded to winning team
- **Price:** \$625 paid in full prior to first game

East Coast 5/6th – 7/8th in House League

- Male & Female Divisions
- **Tryouts:** Saturday September 24th & Sunday September 25th 10:00am – 1:00pm
- Games will run October & November
- **When:** Friday – Saturday or Sunday
- **Price:** \$150 per player
- Max 9 players per team

Details – Looking to play hoops this fall but your team isn't playing yet? Tryout / join an East Coast In House Fall Team and get ready for the upcoming season!

East Coast In House teams will play on the weekends and will have 8 – 10 game schedule with playoffs. Players will be selected at tryouts and placed on a team. Each team will be coached on game day by a member of Phil Colicchio's East Coast Basketball Training team to ensure game management, fundamentals and knowledge is applied. Games will be competitive.

*** Any in EC house league player will also receive 10% off any private or group instruction during that season*

East Coast Basketball Fall Tournament

- **Dates:** October 8th – 9th
- **Ages:** 11U Division & 13U Division (Travel level tournament)
- **Details:** Full teams only
- **Price:** \$325 per team
- 3 Game minimum – Trophy and T-Shirt to winning team

Fall 2011 Basketball Classes

Fall classes will run weeks of September 26 – November 14th

CONTINUED ON BACK

For more details contact Philip Colicchio at (908) 756-6868 or at philip.colicchio@ecc-athlete.com



East Coast Conditioning
Sports Performance Training

ECC SportsPlex
216 Tingley Lane, Edison, NJ 08820
(908) 756-6868
www.EastCoastConditioning.com

ECC Athletic Training Center
1085 Raritan Rd, Clark NJ 07066
(732) 381-9376
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ECC Competition Center
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Court General

Boys and Girls Grades 6-12.

The point guard position is one of the most difficult positions in sports. This program will teach the most important elements and leadership responsibilities of being a point guard. Each session will cover a new aspect of the point guard position. Running the offense, teammate responsibilities, how to create scoring opportunities, as well as speed and agility programs will be the main focus.

Duration: 8 weeks. Fall classes will run weeks of September 26 – November 14th.

Cost: \$199

Day: Tuesdays

Time: 7:00pm – 8:00pm

Lights Out Shooting Clinic

Fall Only. Boys and Girls Grades 6-12.

This program has emphasis on proper form, footwork, catch & shoot, shooting off the dribble and shot correction. Individualized work makes this a great class for middle school through varsity level players. Class limited to 12 participants.

Duration: 8 weeks. Fall classes will run weeks of September 26 – November 14th.

Cost: \$199

Day: Tuesdays

Time: 8:00pm – 9:00pm

Girls Basketball Skills and Drills

Fall Only. Girls grades 6-12.

This program is focused on to developing core basketball skills for girls looking to improve every aspect of their game. Focus on position specific work, speed and agility drills, dribbling, passing, and shooting.

Duration: 8 weeks. Fall classes will run weeks of September 26 – November 14th.

Cost: \$199

Day: Tuesdays

Time: 6:00 – 7:00pm

Year-Round Private Lessons

1/2 Hour Basketball Lessons

1/2 hour: \$65

5 1/2 hour lesson package: \$275

10 1/2 hour lesson package: \$450

1 Hour Basketball Lessons

1 hour: \$90

5 hour lesson package: \$400

10 Hour lesson package \$700

Create your Own Class

If your schedule doesn't fit with ours, get a couple players and we will design your own basketball class.

Training will be conducted
by Phil Colicchio and his
training staff

Philip Colicchio –
Linden Head Coach

- New Jersey Coaches Hall of Fame
- Head Coach Michael Jordan
National All Star Game
- NJSIAA Group IV State
Championships 2000, 2006, 2007
- Coach of Year New Jersey

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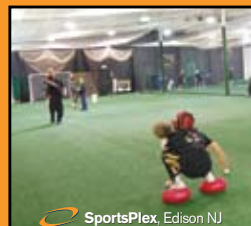
where athletes train

ECC SPORTS PERFORMANCE OFFERS SPECIALIZED TRAINING IN

BASEBALL – SOFTBALL – SOCCER – LACROSSE – BASKETBALL
FIELD HOCKEY – GOLF – STRENGTH AND CONDITIONING

EAST COAST OFFERS COMPETITIVE TRAVEL TEAMS IN:

LACROSSE – BASEBALL – SOFTBALL



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