



# **LIGHTNING BASKETBALL ACADEMY** **at SUMMIT SPORTS TRAINING CENTER**



## **THE MISSION**

Our mission is to provide an innovative and high-level developmental program for today's basketball athlete. We believe that success on the court doesn't just come from practicing and playing the game, but in embracing a diverse approach to enhancing overall athleticism, knowledge, and ability. Our program combines elite-level strength and conditioning, on-court basketball speed, quickness & conditioning, and classroom forums, to fully educate our students in all facets of athletic success.

## **THE SCHEDULE**

First 6-Week session begins on September 20, 2010 and runs through October 28, 2010. The weekly class breakdown is as follows\*\*:

<b><u>DAY</u></b>	<b><u>LOCATION</u></b>	<b><u>TIME</u></b>	<b><u>CLASS GOALS</u></b>
Monday	Summit	7 pm – 9 pm	Nutrition and Recovery Forum, Strength, Power, Quickness
Tuesday	Summit	7-9 pm or by appt	Basketball Speed and Agility, Strength, Power
Wednesday	The Shipley School	7 pm – 9 pm	On-Court Drills for Speed, Agility, and Conditioning, Basketball Drills with Coach West
Thursday	Summit	7-9 pm or by appt	Basketball Jump Training, First-Step Quickness, Strength, Power

All sessions will also incorporate advanced-level performance techniques such as soft-tissue preparation and stretching, joint mobility exercises and movements, and basketball-specific warm-up drills.

\*\* - Times subject to change

## **THE COACHING STAFF**

**Jesse Wright, CSCS**  
Academy Director

- Current Strength & Conditioning Consultant, **Philadelphia 76ers, NBA**
- Current member of **Gatorade's GTAC, Training Advisory Committee** for the Emmy-nominated documentary series "Replay"
- Former Strength & Conditioning Consultant, **Saint Joseph's University**
- Formerly held Football Strength and Conditioning Coach positions in the **NFL, NFL-Europe, Temple University and Hofstra University**

**Doug West**  
Director of Basketball

- Former Assistant Coach at **Villanova University**
- Played 12 seasons in the NBA with the **Minnesota Timberwolves** and the **Vancouver Grizzlies**
- Drafted in the **2<sup>nd</sup> Round of the NBA Draft**
- Fifth highest scorer in Villanova history with **2,037 points**

**Summit Sports  
Training Center Staff**

- Academy Assistant Coaches will be provided by the Philadelphia area's premier sports training center. For over 8 years now, Summit has separated itself from all of the other sports training facilities with their ability to train all of their clients **"just like the pros."**
- Their roster of basketball clients over the years has included **Jameer Nelson, Kyle Lowry, Matt Carroll, Aaron McKie, Steve Smith, Delonte West, Speedy Claxton, Malik Rose**, and a host of other professional basketball players in the US and overseas.

**SUMMIT SPORTS TRAINING CENTER**

**THE OFFICIAL STRENGTH AND CONDITIONING SERVICE PROVIDER FOR:**



**PHILADELPHIA  
76ers**



**SAINT JOSEPH'S  
UNIVERSITY BASKETBALL**

**HERE'S WHAT THEY ARE SAYING ABOUT US:**

**About Summit:**

"Summit made me a better athlete because they train and teach you to do things you wouldn't normally do yourself. It involves a lot of mental training. If you are already mentally strong, they will help you get even stronger. If you're not, they will help you get there."

**-JAMEER NELSON, Orlando Magic**

"The foundation for our success has been, and continues to be, the extraordinary programs, and more importantly, the people with Summit."

**-PHIL MARTELLI, Head Coach  
Saint Joseph's University Men's Basketball  
2004 National Coach of the Year**

**About our Director:**

"Training with Jesse has improved my core stability and overall flexibility. Once that foundation was built, adding the strength component has really allowed me to expand my game on the court."

**-JASON KAPONO, Philadelphia 76ers**

"Jesse came to work on my staff in the Fall of 1997. He was still an undergraduate student at the time and only 20 years old. Although the youngest on my strength staff, his maturity, work ethic and personality well made up for any lack of years in age. Since that time, his varied and successful coaching experiences speak volumes for his training knowledge, his coaching techniques, and his overall ability. All of this makes him an ideal choice for any athlete looking for the programming and motivation to improve their game."

**-CHRIS HUDAK, MS, CSCS  
Head Strength & Conditioning Coach  
Temple University, 1996-2004**