

Cutting Edge

**Basketball Development Clinic
with Alan Stein and John Alexander**



Who is Alan Stein?

Alan Stein is the top **basketball specific** strength & conditioning coach in the United States. Alan offers a variety of training services nationwide and internationally! His company, **Stronger Team**, specializes in elite level basketball and provides the latest **basketball specific** strength & conditioning information, concepts, and drills to help coaches and players maximize their potential!

Alan is the Head Strength & Conditioning coach for the internationally renowned **Montrose Christian Mustangs** boy's basketball program. He is also a performance consultant for **Nike Basketball** as well as the head conditioning coach for the annual **McDonald's All American game**, the **Jordan All American Classic**, the **NBA Player's Association's Top 100 Camp**, and the **Nike Skills Academies**. He has worked camps for the following NBA superstars: **Kobe Bryant, LeBron James, Steve Nash, Chris Paul, Paul Pierce, and Amare Stoudemire**.

Alan's passion, enthusiasm, and innovative training techniques make him one of the nation's leading experts on productive training for basketball players. He is a sought after lecturer at basketball camps across the world and is regularly featured in publications such as **Winning Hoops, Time Out, Dime, Stack, Men's Health, and FIBA Assist** magazine.



What they're saying about Alan Stein



"Coach Stein helped me gain nearly 20 pounds my senior year at Montrose and continues to work with me to this day. The added size and strength he has given me has made me a better player on the court. He really helped me make the transition from high school to college and from college to the NBA. His program is unbelievable."

– **Kevin Durant**, Oklahoma City Thunder
(2008 NBA Rookie of the Year, #2 overall pick in 2007 NBA Draft, 2007 College Basketball Player of the Year)

"As a valued member of our coaching staff, Coach Stein has taken our program to the highest level. At Montrose we always strive to be the top high school program in the United States... and Coach Stein has helped us get there. He is simply the best!"



– **Coach Stu Vetter**, Head Varsity Basketball Coach
Montrose Christian School
2 time National Coach of the Year (USA Today)



"I have worked with Alan since I was in 10th grade and have been working with him every day to get ready for the NBA draft. His workouts are crazy, intense, but fun. He always pushes me and gets the most out of me. He is the best."

– **Michael Beasley** (#2 overall pick in 2008 NBA Draft)



Who is John Alexander?

John Alexander, Founder of Alexander Basketball Academy, has over 10 years of elite coaching and training experience. He earned three defensive player of year awards while playing 4-years for Washington College at Chestertown. He has a tremendous passion for the game.

Assisted by Silas Cheung

Silas Cheung is currently the Athletic Director and Head Basketball Coach at St. John's Catholic Prep. Coach Cheung was twice named Frederick County coach of the year. In addition, he has experience playing at a very high level. After playing 4-years at Mt. St. Mary's Coach Cheung played professionally in Europe and was a member of the England National Team.

What they're saying about John Alexander

"I highly recommend getting expert instruction from John Alexander for any young player looking to improve. He does an outstanding job!"

– Joe Alexander
8th Pick in the 2008 NBA Draft
Milwaukee Bucks



Clinic Features

- Movement Preparation
- Dynamic Flexibility
- Reaction, Quickness, Agility & Footwork
- Core Strengthening Exercises
- Basketball Specific Conditioning
- Basketball Skill Development
 - Ball handling
 - Shooting
- Motivational Life Lessons

The goal of this clinic is to give players the tools they need to take their game to the next level!

It is for male and female players ages 12 and up.

Location: Linganore High School
5850 Eaglehead Drive
Ijamsville, MD 21754

Date: Saturday, May 1, 2010

Time: 11:00-1:00pm (ages 12-14)
2:00-4:00pm (ages 15 and up)

Cost: \$75.00 for those registered before March 31st

\$100 for those registered April 1st and after (including day of)

For more information, or to register online, please visit www.ABasketballAcademy.com or contact John Alexander at John@ABasketballAcademy.com or 240.620.9403.

To register through the mail, please make payments and send checks to:

Alexander Basketball Academy
11709 Caplinger Road
Silver Spring, MD 20904