

## ***BigTime Results!***

I started training at BigTime when I was in 8th grade. This program played a big part in getting me where I am today....**Kylee O'Dwyer Two time High School Player of the year –CSU**

I used BigTime Athletic Development to help my daughter and team get the most out of their athletic ability. I knew that she had the skill-she needed the strength, speed and power to match that skill- BigTime was the best place to get it. She still works with him when she can!....**Bart O'Dwyer parent/coach**

We have used BigTime for our team and my son for the past couple of years. Very impressed with the professionalism and how far he pushes the kids to get the results they want!...

**Gary Childress Head Basketball Coach Grandview H.S.**

BigTime is the best place for a basketball player to develop speed and power to take there game to the highest level. You can't take your game to the next level without the athleticism to match their skill. I sent all three of my boys there !.... **Terry Gallagher parent and coach**

BigTime was the last piece of the puzzle for Kimberly. Once we committed to BigTime Athletic Development Kimberly made a huge jump to the next level. Adding strength, speed and power is just what she needed to get her prepared for **KSU!** ....

**Bob Dietz parent**

Mitchel in one off-season after his 8th grade year, he went from not being able to dunk to dunking in game situations. This athleticism carried over into every phase of his game!....**John Fraser**

***The task ahead of you is never as great as the power behind you...***

- 35 athletes this past year earned college scholarships!
- Over 35 athletes received post season awards this past school year alone!
- Over 60 All-State recipients since 2000
- 12 "Player of the year" awards since 2000
- Over 45 athletes competing at the college level in the past 3 years!
- Personal records shattered, new levels reached!
- College athletes coming back for more!

## ***BigTime Pricing!***

Pricing for a BigTime program is based on the general price that we charge for any program and that is:

1. **\$25-\$30 per session:** Session includes everything we do (see website for more detail) Sessions are purchased in 8,10 and 12 session increments.
2. **Flat rate :** \$325/month for 5 x week training
3. **Skills training:** Based on level of athlete and the level of skill they are currently at. We can give you a quote if you email the request.
4. **Video analysis:** Go to our website for more details on video analysis. We can email you a quote if you provide us with what we need.
5. **Plyometrics :**\$12-\$15 per session ( may need to be adjusted to level and number of people in a group.)
6. **Combination programs:** When we start combining programs the athlete and their families get significant breaks in pricing. Pricing is based on each scenario and will be adjusted accordingly.
7. **Team pricing:** BigTime provides a good deal of training to teams and groups and the price breaks vary according to the situation. Coaches or group leaders can call or email with as many details as possible and get a accurate quote.

## ***BigTime Athletic Development***

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## ***BigTime Training!***

**Strength Training:** BigTime strength programs for basketball are very comprehensive programs that concentrate on core strength, leg strength, flexibility, injury prevention and performance enhancement. BigTime programs work everything that a basketball player needs to be a strong, explosive complete athlete. We use a combination of free weights, medicine balls, body weight, olympic lifts and plyometrics to create the most comprehensive strengthening program possible.

**Vertimax/Core training:** BigTime utilizes cutting edge techniques to create a program that is designed to produce the most explosive athlete possible! Every workout can consist of up to 12-15 different core and functional exercises designed to improve balance, core strength, prevent injury and produce power and speed! BigTime utilizes equipment that most athletes don't have access to until they are at the college level. Our Vertimax is one of the most versatile training devices available to provide power, explosiveness and speed. The Vertimax is a workout in itself and is a huge part of BigTime programs. The Vertimax can't be beat in what it provides for a young basketball player.

**Speed/Plyometric Training:** Every athlete can benefit from plyometrics and speed work. Speed can be improved if it is worked on. Flexibility is a key to improving speed and BigTime athletes all go through a rigorous functional flexibility routine before every session. We speed train separate from strength or we can combine this with the strength programs. If an athlete doesn't work on speed they are only kidding themselves as to how good they can be. BigTime speed and plyometrics are second to none! Athletes that participate in one of our programs are very easy to notice-they excel!

**Sport specific exercises and Skills Training:** Every basketball player not only receives a very comprehensive training program that consists of a combination of functional exercises, core exercises, strength and power exercises, but also specific exercises for position as well as sport. There are a lot of exercises that can be position specific and can help create another extra edge.

## ***BigTime Basketball Training!***

If a basketball player doesn't take time to become a better athlete he or she won't succeed at any level! With the infrastructure of basketball today there is barely an off-season and not near enough time slotted for becoming a better athlete. Every high school has a training program-if you want to improve at the same pace as everyone else-BigTime isn't for you! . If you want that extra edge or you want to make sure that you are doing more than your competition-BigTime Athletic Development is the answer. If you want to be your best and you want to work at it then BigTime Athletic Development is for you.

Getting to that next level is what athletics is all about and that is what BigTime is about! The great John Wooden once said it is not good enough to just have skills but you have to be able to execute proper skills fast and explosive. Good shooters can't shoot if they aren't quick enough to get open. If you aren't quick enough to play defense you are a liability. *The more things change the more they stay the same!*



Every young athlete, parent, and coach that we come in contact with is searching for the same thing-speed, 1st step quickness, power and explosiveness. At every level these are the components of the successful athlete. **BigTime Athletic Development** has developed the most comprehensive and effective speed and plyometrics program possible for young athletes! Basketball is extremely reliant on power and quickness and every player needs more of it!

**BigTime Athletic Development** provides a program for basketball players that produces the needed strength, and power that they are seeking. *BigTime* programs produce the wanted strength, the kind of strength that is explosive and powerful. Our basketball programs are designed to increase performance on the court by increasing speed and power. This newly developed explosiveness gives athletes the opportunity to compete at the highest level or at the next level-what ever that may be! Our incredible core development and plyometrics program has a huge impact on the development of a basketball player and their athletic ability!

**BigTime Athletic Development** programs are designed for each specific athlete for each specific sport. Basketball has specific demands and the program needs to be designed as such. Every program involves the following:

**Flexibility:** Speed depends on flexibility-BigTime devotes a great deal of time on improving overall flexibility!

**Strength Training:** For optimum performance, speed, power & injury prevention. Can't reach next level without the strength for speed, power to perform!

**Core & Stability Training:** To be a strong and explosive athlete core strength is essential. BigTime core work is a staple of our program and is very comprehensive and effective!

**Speed, Agility, Plyometric Training:** Programs can be done separately or in conjunction with the strength training. BigTime speed camps have made a huge impact on athletes all over the state of Colorado!

**Functional Testing:** BigTime provides a very comprehensive testing program that gives athletes, parents and coaches great feedback and incentive!

**Position specific exercises:** Different positions can require different exercises. BigTime adapts each program for the sport and the position!

**Skills Development:** Great athletes with poor skills are no more successful than poor athletes with great skills! *We have access to some of the best basketball skills people in the business. Check out our Website for more details or email us at [bigtimead@msn.com](mailto:bigtimead@msn.com)*

***[www.bigtimeathleticdevelopment.com](http://www.bigtimeathleticdevelopment.com)***