

HAX

ATHLETIC CLUB

TEAM TRAINING PROGRAM



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www.HAXLA.com • 310-219-0600
1515 240th Street, Harber City, CA 90710

THE COMPLETE PACKAGE



World Class Basketball Training Facility – Los Angeles, CA.



HAX is everything you need in a location for an elite off season training program. **HAX** is the premier basketball training facility in the world! With six basketball courts, 14 NBA portable baskets, state of the art weight & cardio room, physical therapy, executive locker rooms, on site physical therapist and orthopedic office as well as a full service Café. In addition **HAX** is home to the premier summer pro league in the country, the *Real Run*.

Our goal for all of our clients is to stand out above the rest! Our staff has over 45 years of training & coaching experience. All clients that participate in our customized programs will receive the finest training programs in the world.

HAX AMENITIES

HAX Amenities include five basketball courts including NBA Regulation size with 14 NBA Free Standing Baskets, State of the art weight & Cardio room, Verti Max Training Machine, Shot Doctor Shooting Machine, Executive Locker Rooms, Physical Therapists, Full Service Café including Protein Shakes and Pre-cooked meals for take home.

HAX TRAINING PACKAGES

HAX training packages include Elite Sports Performance Training and Basketball Skills Training by position. We also offer daily controlled scrimmages by NBA/FIBA officials calling the games and spending time with each player. Every training package is designed for each players specific needs.

HAX PERFORMANCE TRAINING

HAX performance training includes Speed, Flexibility, Strength & Power, Injury Prevention, Regeneration & Soft Tissue Work, Nutrition, Rehabilitation & Mental Skills Training.

HAX BASKETBALL SKILLS TRAINING

HAX basketball skills training includes on court workouts designed specifically for your position. Each players training program will include both conditioning and basketball skills training.

BASKETBALL GAMES AT HAX

Basketball Games at **HAX** are considered the top runs in the country. Each day during the summer players from across the world compete against each other in a controlled environment with refs. Last summers games were played on three courts and included players such as Elton Brand, Paul Pierce, Corey Maggette, Danny Granger, Baron Davis, Richard Jefferson, Brandon Jennings, Dwight Howard and Ron Artest to name a few. This summer plans on being even more competitive so reserve your place now!

ELITE TRAINING

Performance Coaches



TONY FALCE

Player Development/Performance Coach (CPPT, CNS)

With over 16 years experience as a qualified master trainer/director for PROPTA. Tony is a certified Professional Private Trainer and Nutrition Specialist. Working extensively with NBA players, Tony has designed his programs for player's positions. Over the last few years, two of his programs have been featured in Sports Illustrated and Draft Express. Tony's client list includes Chris Birdman Andersen, Joe Alexander and Jermaine O'Neal to name a few.

contact: 702.290.7900

email: tonyfalce@yahoo.com

RICK HAGEDORN

Speed Coach, Speedburners

Regarded as one of the top speed coaches in the world Ricks training program is proven and tested. Rick has worked with hundreds of Pro & Olympic athletes including Derek Fisher, James Harden, Kevin Love, Shaun Livingston, the Denver Broncos, Indianapolis Colts, NFL Combines and more.

BOB THATE

Basketball Coach

Professional Shooting and Skills Coach

Coach Bob Thate is regarded as the top shooting coach in the country. Coach Thate is the former New Jersey Nets Shooting coach which he held for 5 seasons. Prior to the New Jersey Nets, Coach Thate coached at Long Beach St, UC Irvine, LMU, Pepperdine Foothill HS and Irvine HS. Coach Thate also consulted for the 2008 US Mens Olympic Team. He has worked with numerous NBA players over the last 10 years including Jason Kidd, Mike Miller, Luke Walton and Vince Carter.

SCOTT BEETEN

Professional Shooting and Skills Coach

Coach Beeten has over 30 years of coaching experience for both college & international. Coach Beeten brings a wealth of knowledge to his training methods and is known to have some of the best workouts in the country. Coach Beeten has coached at Temple, Pennsylvania, Albany, George Washington and California-Berkley. Also, Coach Beeten was an assistant coach for the gold-medal winning United States squad at the 1985 Maccabiah Games.

COMPLETE PACKAGE & INDIVIDUAL ATTENTION



We have built a comprehensive package to prepare every player for the NBA Season. We have our recommended packages, but are always willing to custom design a package that fits your needs.

TEAM TRAINING PACKAGE

With this program every player on the team will receive the following:

- 5-6 days a week training program
- 5 official games with NBA Refs
- On court skills training
- Performance Training - weight room, plyometrics, cardio training, stretching
- Massage Therapy/ Deep Tissue work
- Speed Training
- Pool, Sand Dune Hill, Track
- Nutritional Program (does not include food)
- Access to VIP room with video analysis
- Access to training room with ice machine
- Total training time each day is 4-5 hours each day
- Max 15 players

Amenetties available at HAX:

- Concierge Service
- Private Security
- Car Detail Service
- Travel Arrangements
- Hotel Accommodations
- Transportation / Limo Service