



LAB Elite – Spring 2021 “AAU” Developmental Team

Program Model/Overview: A comprehensive player developmental program designed to help student-athletes maximize their potential. The LAB Elite is an unparalleled 12 step training curriculum which provides a development model not found in today's AAU landscape. The program is designed and created by Bill Connolly – the boys basketball coach at Mendham High School and 3x Morris County Coach of the Year.

Admission: Accepting 10 players from any town in each graduation year 2027, 2026, 2025. (6th, 7th and 8th grade)

- 1.) **10 Training Sessions (90 Min)**
 - [WATCH TRAINING IN THE LAB](#)
- 2.) **10 Weekly Team Practices (1 Hour 45 min)**
 - Practices designed to prepare players for high school basketball not to win an AAU Game.
- 3.) **Player and Parent Educational Seminars**
 - Guest speaker presentations after every practice. (See below for previous speakers and topics)
- 4.) **4 Tournaments**
- 5.) **Vertimax Training**
 - Athletic performance training equipment that improves speed, explosive power, and vertical jump.
- 6.) **Video Analysis**
 - Vital teaching tool to increase development. Games professionally filmed and reviewed with players.
- 7.) **Academic Seminar**
 - Parent Education Seminar on the college academic planning timeline from 6th-12th grade.
- 8.) **Leadership Training**
 - Using basketball as an extension of the classroom to learn character building skills.
- 9.) **College Coach and Player Appearances**
- 10.) **Strength Training Program for Young Athletes**
- 11.) **Player Development Plan** – Players will receive a Personalized Player Development Plan
- 12.) **Under Armour Partnership** - Fees includes **\$250** worth of custom Under Armour Gear.

Tentative Schedule

March 7th 2021 –June 6th 2021.

Practice: Sundays at 1st Congregational Church 30 Hillside Road, Chester, NJ

- ✓ March 7, 14, 21, 28 April 11, 18, 25, May 2, 9, 16, 23, June 6. (Off Easter and Memorial Day Weekend)
- ✓ Practice Structure includes Pre Practice Skill Work and Guest Speaker:
 - Class of 2027 – Time TBD
 - Class of 2026 - Time TBD
 - Class of 2025 - Time TBD

Training: The Shooting Lab, Chester NJ

Date/Time: Families will select one of these midweek options to assist multi-sport athletes.

- Tuesdays – 6-7:30pm
- Wednesdays - 6-7:30pm
- Thursday - 6-7:30pm

Tournament Schedule:

Dates	Location
3/20	TBD
4/24-25	TBD
5/15 - 5/16	TBD
6/5	TBD

Program Fees Include:

10 Training Sessions
10 Weekly Practices
10 Player and Parent Educational Seminars
4 Tournament Entry Fees
Custom Under Armour Uniform
Custom Under Armour Practice Reversible
Custom Under Armour Shooting Shirt
Custom Under Armour Back Pack
Video Analysis
Strength Training Plan

Program Video Overview:

<https://www.youtube.com/watch?v=pM5LGL6Kag&t=9s>

New Players are accepted into the program pending the results of the initial evaluation.

Registration Link <https://shootinglab.teamsportsinfo.com/shootinglab-eliteteam-spring-2021>

Register Today! Enrollment is limited



Parent and Player Education Series

LAB ELITE 2019 Speakers



Once accepted into The LAB Elite Program, the players and parents take part in an educational series. After every LAB practice, a guest speaker comes to our practice location to meet with the players and families. Below is a list of previous speakers:



Leadership Training

Kyle Rehrig

- North Hunterdon Head Coach, 2013 Coach of the Year

Topics Covered:

- How to effectively build confidence in themselves
- How to develop leadership skills within their peer group
- Use basketball as an extension of the classroom to learn leadership skills



“Dream Big” – A Michigan Football Walk-On Story

Joe Beneducci

Mendham '13

- Football, Basketball, Baseball

University of Michigan '17

Columbia Business School '19



Strength Training for Young Athletes

Tom Reifsynder

Mendham '12 and Temple University '16

President of T/R Strength Training

Topics Covered:

- How to develop a safe and effective plan for young athletes.
- A step by step guide how to begin increasing strength.



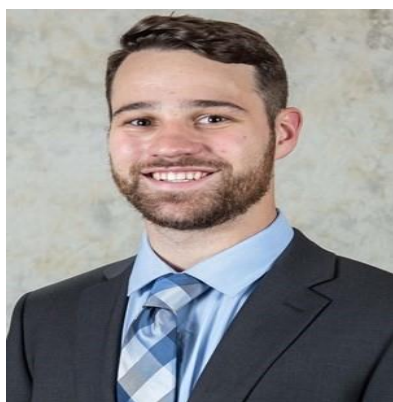
Academic Seminar

Topics Covered

- Academic Planning Timeline 9th-12th Grade
- Building a College List – Best fit academically, socially, and financially.
- Student-Athlete academic and athletic transition from Middle School to High School

Parent and Player Education Series

LAB ELITE 2019 Speakers



The Pathway to College Athletics

Greg Tarca

- Lehigh University Assistant Coach

Topics Covered

- Academic and Athletic step by step guide to college athletics
- In and outs of the recruiting process
- Character development and the role in plays in the selection process?



A Story of Hard Work and Determination

Sean Hoehn

- 2014 - Morris County Player of the Year and All State
- 2019 - Sacred Heart Graduate – D1 Player. Captain, 1000 Point Scorer
- Present – Assistant Coach at Drew University



A Game Plan for Skill Development

Alex Mahony

- Director of Player Development – The LAB Elite
- Former Head Coach at Rutgers Prep

Topics Covered

- A step by step guide for player development
- The six areas to include in your workout routine.



Chasing History – One workout at a Time!

Jesse Hafemeister

Mendham '20

- All State Player, 1st Team All County
- Selected to the North South All Star Game

Catholic University '24

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THE LAB TRAINING DIFFERENCE:

An Elite Training and Advanced Learning Environment

Overview: 90-minute station based athletic development workouts.

Each Training Session Includes:

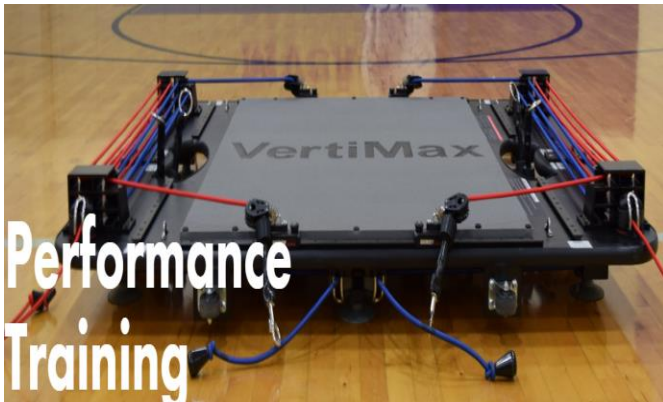
- Individual Skill Development
- Shooting Instruction with Video Analysis
- Shooting Repetition on the Shooting Gun
- NBA Combine-Specific Athletic Testing Preparation
- Vertimax – Athletic performance equipment that improves speed, explosive power, and vertical jump.
- Advanced Scoring Moves – Jabs, Pivots, Fakes, and Finishes
- Increase Ability to Handle the Ball
- Strength Training Component

Training Equipment: Industrys most advanced equipment and technology used in every training session.

Vertimax Speed Training
TV for Video Analysis
Heartrate Monitor
Resistance Bands

Shootaway Shooting Gun
Powerhandz Ballhandling Gloves
Sleds /Tire Flips /Blast Ropes
Medicine Balls

Strobe Vision Googles
Plyo Box Jumps
Powerplate Athletic Recovery
Weighted Basketballs



LAB Elite Parent Feedback



"Your program is something I think every kid who wants to get better and play at a higher level needs, and it is something that has been lost over the last 15-20 years with coaches, (travel and AAU). Kudos to you!"

"As a parent of 3 kids who have had a lot of experience with kid's activities, this one is by far a standout experience for our son"

"Personally, I appreciate the recurring theme that it pays off to be a good kid. He is getting a lot out of this experience. Thanks"

"Each week just gets better and better! My son is thrilled with the experience"

"The LAB Elite Program is shaping the future of AAU basketball by offering a product that does not exist in today's marketplace with instruction from one of the area's top high school coaches" - NJ College Coach



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