

Southwest Montana Basketball Academy



Fundamental Skills Development Training



Group Skills Training

A four week group skills training (**grades 5th-12th**) will focus on fundamental skill development on shooting, dribbling, and passing for each individual athlete.

The group skill training will also offer an injury prevention and strength/conditioning program for the young female athlete. This program will focus on the development of jumping technique, quickness, and overall strength.

Group Training Days

(Tuesday-Thursday) 4 weeks

Week 1- June 16, 17, 18 Time 12:00-1:30

Week 2- June 26, 27, 29 Time 10:30-12:00

Week 3- July 10, 11, 12

Times 10:30-12:00 (5th grade- 8th grade)

12:00-1:30 (9th grade-12th grade)

Week 4- July 17, 18, 19

Times 10:30-12:00 (5th grade- 8th grade)

12:00-1:30 (9th grade-12th grade)

Individual One on One Training

One on One sessions are available for individualized instruction on specific needs of an athlete.

Individual Training will be scheduled throughout the week upon request (Monday- Friday).

Trainer- Quinn Peoples

- 2011 Class A State Championship team member
- Division II College Basketball player
- Four year starter in a Division II program
- Member of the 2014 GNAC regular season Conference Championship team
- 2016 Class A State Championship team - Assistant Coach
- 2016 MHSAA Assistant Coach of the Year Award
- 2016-17 Class A State 3rd place - Assistant Coach
- 2017-2018 Southwest Division Champion - Assistant Coach
- Three year Varsity Assistant

Contact Information

Trainer Quinn Peoples

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