

- **FUNDAMENTAL BASKETBALL TRAINING IN HAMILTON**
- **LOCATED AT THE WORLD CLASS HILLFIELD-STRATHALLAN COLLEGE ATHLETICS COMPLEX**
- **CURRENTLY TRAINING HUNDREDS OF KIDS IN SOUTHERN ONTARIO**
- **FOR AGES: 8-18**



IBSA
BASKETBALL
ACADEMY



NOTHING BUT RESULTS!

226 339 9366

YOUR FIRST SESSION IS FREE

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IBSA ACADEMY

IBSA provides an intense, rigorous basketball training experience that teaches athletes what and how to practice to make significant improvements that produce noticeable results.

Athletes will learn how to bring passion, intensity, care and full attention to whatever is in front of them. Whatever they do, they do with excellence. It is this type of training and perfection that shapes their lives, both on and off the court.

IBSA is committed to the philosophy of excellence by providing a year round program that brings consistency and continuity to all athletes at all levels who are dedicated to becoming the best they can be.

Athletes will increase their speed, strength and fitness levels by working harder than they have ever worked. They will develop better body control, footwork and overall basketball skills, as well as build self confidence needed for success.



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