

**PRE DRAFT  
& OFF-SEASON  
TRAINING CAMP**

**THE X** TRANSITION

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# MISSION:

OUR MISSION IS TO BUILD WINNERS, NOT JUST ON THE  
BASKETBALL COURT, BUT IN LIFE.  
THE TWO ARE NOT SEPARATE; RATHER DEEPLY CONNECTED.

WHETHER WE ARE COMPETING IN THE GYM OR IN THE  
BOARDROOM, WE WANT OUR VALUE AND IMPACT ON OTHERS  
TO BE UNDENIABLE.



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# THE TRANSITION CLIENTS

LOOK AT WHO HAS STARTED, PREPARED, AND CONQUERED THEIR TRANSITION. THE QUESTION IS, ARE YOU READY TO BEGIN YOURS?

<b>MIKE SCOTT</b>	<b>KANAAN CARLYLE</b>	<b>DARIUS DAYS</b>	<b>J.D. NOTAE</b>
<b>KRIS DUNN</b>	<b>TALON COOPER</b>	<b>DAVION WARREN</b>	<b>THEO MALEDON</b>
<b>KEVIN HUERTER</b>	<b>ALEX FUDGE</b>	<b>JARED RHODEN</b>	<b>AL DURHAM</b>
<b>TRAE GOLDEN</b>	<b>ISAAC OKORO</b>	<b>LEE MOORE</b>	<b>GARRISON BROOKS</b>
<b>ZACCHARIE RISACHER</b>	<b>SYDNEY BOLWES</b>	<b>JOHN JENKINS</b>	<b>TUCKER DEVRIES</b>
<b>KAI SOTTO</b>	<b>KENNEDY TODD-WILLIAMS</b>	<b>JARRETT CULVER</b>	<b>STEPHON CASTLE</b>
<b>LONDON JOHNSON</b>	<b>KEON ELLIS</b>	<b>JONATHAN STARK</b>	<b>DEVONTAE CACOK</b>

# CORE VALUES:

<b>Focus</b>
<b>Gratitude</b>
<b>Commit</b>
<b>Compete</b>
<b>Joy</b>

**BE PRESENT IN THIS MOMENT. BE WHERE YOUR FEET ARE.**

**BE GRATEFUL FOR THIS MOMENT. NOTHING IS PROMISED.**

**GIVE EVERYTHING IN THIS MOMENT. ENERGY CIRCLES BACK.**

**MAKE THIS MOMENT YOUR BEST. OTHERS WANT YOUR SPOT.**

**IN THIS MOMENT WE GET TO DO WHAT WE LOVE. MOST DON'T.**



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# MEET THE TRANSITION:

THE GOAL IS TO BUILD A HOLISTIC ATHLETE.



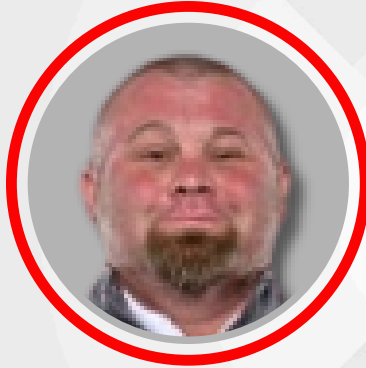
**KOREY HARRIS**  
Founder/CEO  
Director of Pro Development



**MILES MCCRAY**  
Videographer/Photographer  
Director of Media



**SAM LIMEHOUSE**  
Skill Development Intern



**JON MILLER**  
Strength & Conditioning  
Mount Pisgah Athletics



**SIADAH JONES**  
Performance Coach



**MICAH BANKS**  
Skill Development Intern



**NICK GIBSON**  
Performance Specialist  
P3 Performance



**CHAZ REED**  
Skill Development Coach



**STEPHON ALLEN**  
Pro Yoga Coach  
Founder Courtside Recovery



**RODNEY BOOKER**  
Skill Development Coach



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# CONVENIENCY & EFFICIENCY

ATLANTA HAS EVERYTHING THE PLAYER NEEDS.  
WE'VE FIGURED OUT HOW TO BRING ALL TOGETHER FOR YOU.

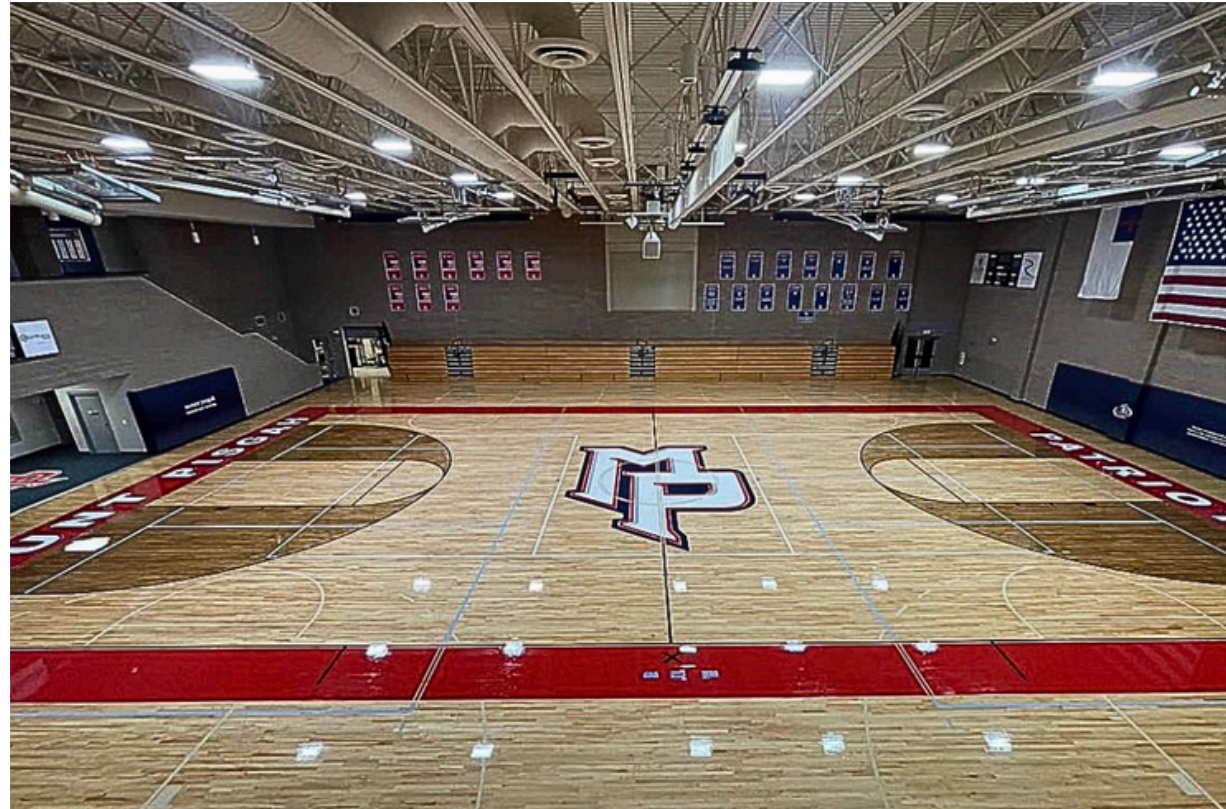
## LOCATIONS:

### MOUNT PISGAH CHRISTIAN SCHOOL

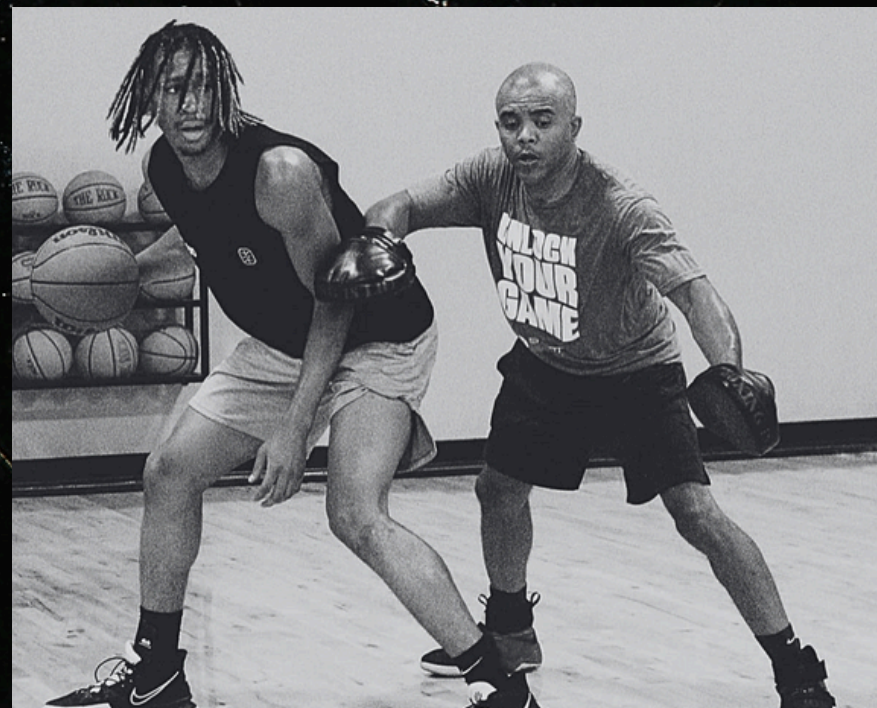
9875 NESBIT FERRY RD,  
JOHNS CREEK, GA 30022

### OVERTIME ELITE

230 17TH ST NW  
ATLANTA, GA 30363



# INTEGRITY IS IN THE CENTER OF EVERYTHING WE DO.



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# IMPORTANT DATES:

AS PLAYERS PREPARE TO TRANSITION TO THE NBA, WE WILL WORK CLOSELY WITH PLAYER & REPRESENTATION TO PREPARE SCHEDULES APPROPRIATELY.



MARCH 17: SELECTION SUNDAY

APRIL 6: FINAL FOUR  
APRIL 8: NCAA CHAMPIONSHIP  
APRIL 17-20: PORTSMOUTH INVITATIONAL  
APRIL 27: NBA DRAFT ENTRY ELIGIBILITY DEADLINE

\*EARLY MAY: PLAYER WORKOUTS  
MAY 12: NBA DRAFT LOTTERY  
MAY 13-14: G-LEAGUE COMBINE  
MAY 13-19: NBA COMBINE  
\*\*LATE MAY: PLAYER WORKOUTS

\*\*\*EARLY JUNE: PLAYER WORKOUTS  
\*\*\*MID JUNE: PLAYER WORKOUTS  
JUNE 26-27: NBA DRAFT

(\*) indicates underclassmen  
(\*\*) indicates upperclassmen  
(\*\*\*) indicates under/upperclassmen

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# ONE STOP SHOP.

WITH MULTIPLE COURTS, WEIGHT ROOM, OUTDOOR FIELDS, SPACE FOR FILM & RECOVERY, WE HAVE THE RESOURCES TO SUPPLY OUR ATHLETES WITH A QUALITY DEVELOPMENT PROGRAM.



## PLAYER DEVELOPMENT

Individual Skill Development  
Situational IQ Training  
Team Workout Replication  
Film Study and Analysis

## STRENGTH & CONDITIONING

Body -Composition Analysis  
Injury Prevention Training  
NBA Combine Testing Prep  
Routine Treatment

## MENTAL TRAINING

NBA Interview Training  
NBA Media Training  
Social Media Training  
Draft Process Prep

## RECOVERY PROGRAM

Yoga / Stretching Program  
Cryotherapy Recovery  
Massage Recovery



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**EVERYTHING YOU WANT IS ALREADY INSIDE YOU.**

**PLAYER SKILL DEVELOPMENT**

**THE TRANSITION IS LED BY COACHES WHO  
HAVE CONSISTENTLY GOTTEN RESULTS  
ON THE HIGHEST LEVELS!**

**COACH KOREY HARRIS & HIS STAFF WANT  
NOTHING MORE THAN TO SEE YOU WIN!**

**Here's what you'll get:**

- Position Specific Skill Development
- NBA Team Workout-Specific Training
- Pro Style Sets & Actions
- Controlled 1-on-1 & 3-on-3 Live Sequences
- Organized Private College & Pro Runs



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**THE POTENTIAL TO DEVELOP YOUR SKILLSET IS BASED  
ON THE FOUNDATION OF YOUR BODY.**

**STRENGTH & CONDITIONING**

**UNLIKE OTHER TRAINING PROGRAMS THAT  
ONLY OFFER SKILL WORK, WE ARE  
BRINGING IT ALL TOGETHER UNDER ONE  
ROOF.**

**COACH JON MILLER IS DRIVEN TO HELP  
ATHLETES EXTEND & MAXIMIZE THEIR  
CAREERS.**

**Here's what you'll get:**

- **NBA Combine Style Baseline Test**
- **Outline of Goals**
- **2-3 Custom Training Sessions Per Week**
- **Weekly Vertimax Sessions**
- **Monthly Evaluations + Statistical Data**



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**TO HELP YOU MAXIMIZE YOUR PERFORMANCE...**

**WE JOINED FORCES WITH THE BEST.**

**THE X** TRANSITION

+



**PEAK  
PERFORMANCE  
PROJECT**

**The Transition & “P3” are teaming up to offer premium NBA Pre-Draft packages for those that want the extra edge before next season.**

**Here’s what you’ll get:**

- **1 Movement Assessment + NBA Report**
- **3-5 Performance Sessions Per Week**
- **1 Recovery Day Per Week (Remote/P3)**
- **Soft Tissue Massage @P3**
- **On-Court “Hybrid Session”**
- **Guidance During NBA Draft Process**



**P3 Specialist Nick Gibson w/ NBA lottery picks Cole Anthony, Kris Dunn, and Jabari Smith**

**AVAILABILITY IS THE BEST “ABILITY” THAT YOU CAN HAVE.**

**WE PRIORITIZE REST & RECOVERY  
JUST AS MUCH AS THE WORK.**

**UNLIKE OTHER TRAINING PROGRAMS THAT  
ONLY OFFER SKILL WORK, WE ARE  
BRINGING IT ALL TOGETHER UNDER ONE  
ROOF.**

**COACH STEPHON ALLEN IS DRIVEN TO  
HELP ATHLETES EXTEND & MAXIMIZE  
THEIR CAREERS.**

**Here's what you'll get:**

- **Weekly Yoga + Recovery Sessions**
- **Virtual Sessions During Travel**
- **Custom Routines Based on Individual Needs**
- **Injury Prevention & Guidance**



**Coach “Bless” w/ NBA lottery picks  
Amen & Ausar Thompson, and Jahki  
Howard.**



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ATLANTA **2024**

# OFF-SEASON PRICING PACKAGES

## RETAINER PACKAGE

ON-COURT SKILL SESSIONS  
+  
DAILY SHOOTING SESSIONS  
+  
FILM EVALUATION

**\$1,750 PER MONTH**

## VIP PACKAGE

ON-COURT SKILL SESSIONS  
+  
SHOOTING SESSIONS  
WEEKLY PRO-RUNS  
+  
STRENGTH & CONDITIONING  
RECOVERY & YOGA  
FILM EVALUATION

**\$3,500 PER MONTH**

## TRANSFORMATION PACKAGE

STRENGTH & CONDITIONING  
+  
WEEKLY PRO RUNS  
+  
RECOVERY & YOGA

**\$1,250 PER MONTH**

**CONTACT US FOR "P3 PACKAGE" PRICING INFORMATION.**



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**YOUR TRANSITION BEGINS HERE.**



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