



ROLE

JR Gallarza
226-934-8130
jr.gallarza@outlook.com

Offered Services

Hello,

Thank you for your initial trust and interest in looking to ultimately better the players and people that make up your society. Role offers a wide range of basketball and fitness related services that extend both on and off the court and we hope we can work together on improving the community's overall basketball quality, healthier bodies, and also develop our society's future leaders and role models by helping them grow mentally and emotionally. Attached you will find the various services offered and conducted by **Role**. If you have any questions or concerns regarding the following pages, please do not hesitate to call or email us.

* For more information on **Role** please visit us at www.roleplayers.ca AND www.facebook.com/roleplayers.ca *

Thank you,

Coach JR Gallarza



- * For bookings wherein a gym is provided that is insured, paid for, and within Brantford, the cost of each service will be REDUCED by \$5.00. For bookings outside of Brantford but within the Tri-County, the cost of each service will have a \$20.00 INCREASE. For bookings outside of Brantford AND the Tri-County, pricing will be discussed.
- * If a location is needed, the cost will remain the same and will be held at the Brantford SportsXcelerator Centre unless stated otherwise.
- * Due to Sundays not being scheduled as Role Sessions, Sunday Services will have a \$10.00 increase
- * Due to uncontrollable circumstances, a price increase on services held at the Brantford SportsXclerator will be effective January 2017. Prices shown are a result of that price increase.

On the Court Services

One-on-One Sessions (3 players / siblings max)

Time and Cost: 90 minutes - \$50.00 / per player - \$80.00 / two players - \$100.00 / three players

Short Description: Using basketball specific training sessions to provide feedback on what we feel an individual needs, **Role** aims to help each player find their role, and maximize their production for their team and organization. More than just basketball specifics and basketball fitness exercises, **Role** also aims to build confidence and instill core values to our future leaders of society. Lastly, keeping the coach-to-player ratio low ensures that each players' needs are met to the finest detail.

* Visit www.facebook.com/roleplayers.ca for an inside look on how some sessions are carried out *

Small Group Sessions (4 players minimum, 8 players max)

Time and Rate: 90 minutes - \$25.00 / per player

Short Description: In line with keeping a low coach-to-player ratio, our *Small Group Sessions* aim to have the players more engaged and pushing one another, while emphasizing detail and execution within all of the drills given. With the increase in player number, open court simulations would be drilled as well as reading how to effectively use teammates in these situations. Pushing one's limit, taking pride in one's defence, as well as "pressure shooting", are a few key topics that will be found in every session as the players are all expected to push and challenge one other.



Team and Skill Development (8 players minimum, 15 players max)

Time and Rate: 90 minutes - \$20.00 / per player

Short Description: In proper coordination with the coaching staff, **Role** will provide an hour-and-a-half of service catered to what the coaches feel is needed for their team. Whether that is to learn a certain skill, improve on already learned skills or overall fitness, or work on team chemistry and dynamics such as selflessness, team defence, proper communication, moving without the ball, "gang rebounding" etc. **Role** aims to help each team get on the same page and work in unison to get an upper hand in attaining more wins for their upcoming tournaments.

* Only participating players, their parents/guardians, and the team's staff of coaches, trainers, physiotherapists, as well as the organization's president and/or owner are allowed in the gym at this time *

Large Group Clinics (20 players or more)

Time and Cost: 120 minutes - \$20.00 / per player

Short Description: For bigger groups looking to get on the same page skill wise, **Role** will implement its technical teachings in hopes to get this targeted group more fundamentally sound. In comparison to the smaller numbered groupings, individuals in these *Large Group Clinics* will have less one-on-one time with our **Role Coaches** but more time interacting with others of similar skill levels. From ball handling and shooting mechanics, to defensive and pass-cut-replace rotations, and overall confidence building, *Large Group Clinics* are a great way to have fun and be around a lot more similar faces WHILE becoming a better basketball player.

* Only participating players, their parents/guardians, and the team's staff of coaches, trainers, physiotherapists, as well as the organization's president and/or owner are allowed in the gym at this time *



Community Services

School Sessions

Time and Cost: * Will be discussed upon the given number of participants and amount of days booked

Short Description: Upon discussing with the educator as to what will be covered, **Role** looks to help build the overall mental, emotional, and physical growth of our students and young leaders. Whether this lesson will be basketball driven, fitness driven, a meditation lesson, or a motivational talk on topics such as, “powering through struggles” and “how to shift your mindset into becoming more positive and driven”, we will work with you and your class’ wants and needs.

* Sample * Payment Option for a Class Size of 20

Time and Days Booked	Overall Cost	Approximate Cost per Participant
60 - 75 minutes / 1 Day	\$50	\$2.50
60 - 75 minutes / 3 Days	\$125	\$6.25
60 - 75 minutes / 5 Days	\$200	\$10.00

With Coach JR graduating (BEEEd Teaching in the Early Grades) and overcoming living across the world away from everything and everyone he knew, he was able to develop various life skills (mentally and emotionally) as well as experience various challenges that life threw at him. He is now confident in expressing and sharing these experiences with our leaders of tomorrow so that they may find something to relate to on route to overcoming their own personal battles.

Business Group Sessions

Time and Cost: * Will be discussed upon the given number of participants and amount of days booked

Short Description: In line with **Role** looking to help the community, we understand that full-time workers struggle with finding time to work ON themselves rather than always working FOR themselves and their families. Similar to our **School Sessions**, we will work around your wants and needs providing one or a mix of: basketball driven sessions, fitness driven sessions, and/or mental and emotional growth sessions that include discussing mental and emotional blocks and ways to overcome them through meditation and positive mind mapping.



Off the Court / Fitness First Services

Adult Fitness

Time and Cost: 90 minutes - \$50.00 / per person - \$80.00 / two people - \$100.00 / three people

Short Description: Looking for a fun way to get your daily/weekly scheduled sweat in while the kids are in school? Looking to productively fill in that day off from work? Our adult fitness blends dynamic exercises and up-to-date equipment to help you achieve your body goals! Also, you have the option to choose to make your fitness sessions basketball specific, fitness and conditioning alone (no basketball), or a mix of both! Why should the kids have all the fun, right?

Family Fitness (8 family members max)

Time and Cost: 90 minutes - \$75.00 per family

Short Description: With "**family**" being one of the key concepts that **Role** was built around, we encourage you and your loved ones to come together as a family and join us for our **Family Fitness** sessions! With a maximum of 8 family members allowed to join, feel free to combine families together for our session of hard work and enjoyment. What better way than for our kids to push our parents and our parents to push our kids!

Boot Camps (6 minimum - 12 participants max)

Time and Cost: 90 minutes - \$20.00 per participant

Short Description: Looking for a challenge? With a group of up to 12 people max, you and your friends will be in for not only a sweat, but for a heart pounding 90 minutes of WORK! Our boot camps are tailored for those looking to break their routine with stationary exercises and machines at the gym. They are for those looking to push their intensity levels and be around likeminded individuals doing the same thing on their way to their individual goals.

*"Everyone has the same **24 hours** in a day, how will you use yours?"*



Seminars and Specialty Clinics

Player Seminars / Team Building

Time and Cost: * Will be discussed upon the given number of participants, location, "concepts" etc.

Short Description: Are your players not buying into the concept of "team / family", stretching, or even their overall nutrition? Maybe they have a hard time grasping fundamental movements or lack the personal knowledge on how to balance and shift their weight a certain way. If you have a certain "need" in mind for your athletes, our **Player Seminars** aim to help all shapes and sizes learn more about themselves while also building together to become a stronger unit.

* Sample * Payment Option for a Seminar of 20

Time and Days Booked	Overall Cost	Approximate Cost per Participant
60 minutes / 1 Day	\$100	\$5.00
60 minutes / 3 Days	\$160	\$8.00
60 minutes / 5 Days	\$200	\$10.00

*** You may combine a Player Seminar with a Specialized Clinic (see below) for the same price *
Add \$15.00 for every 30 minutes added**

Specialized Team Clinics for Various Sports

Time and Cost: * Will be discussed upon the given number of participants and amount of days booked

Short Description: Being all about the youth and the community, **Role** aims to help all forms of athletes become better in their sport, the classroom, and life in general. We are not limited to just basketball and fitness, but rather, we look to help everyone in the community! From our soccer players to football players, and even our hockey players to our golfers. With your trust and confidence, we will do our best to help your athlete become better for their team.

*** You may combine a Player Seminar with a Specialized Clinic for the same pricing (see above) ***



Coaching Clinics (20 coaches max)

Time and Cost: 90 minutes - \$30.00 / per coach

Short Description: **Role** aims to help guide coaches on how to properly and effectively coach their team, whether it is for competitive house league consisting of 5-7 year olds, to a high school rep team finding difficulty in rotating players, or implementing concepts such as team defence, offensive unison, trap defences etc., **Role** hopes to bring various coaching theories together while feeding you our knowledge.

"Become the coach you NEEDED when you were playing."

