



RISE

from Illusion Institute



Athlete's Name _____

Our Mission:

To increase awareness of overlooked players in smaller market school districts that are basketball scholarship worthy, and make quality basketball training programs accessible to these student-athletes.

Are you ready to **RISE!**?

We want to bring out the nastiest, scariest, and most dangerous version of you on the basketball court. We want opponents to think... not them again, they're such a headache to deal with.



From camps to one on one training, we have you covered. We even aim to steer you in the right direction when it comes to your nutrition. Now we want to introduce you to your new program... RISE. It has been tailored to help you improve your explosiveness on the court by increasing your vertical, and

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bringing your first step to the “frightening” category.

After finishing this program you’ll have a little something extra to compliment the skills that you work so hard on with us. Are you ready to RISE to heights you haven’t seen before?

Let’s get to it...




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MENTAL PREPAREDNESS

Before we jump right into helping you RISE up on that guy that gets on your nerves and blowing by that girl that says she can guard you... you gotta get your mind right. Not later, but now, this



second, get your head ready for the idea of sore calf muscles, burning thighs, and all kinds of fun stuff.

Let us know when you find a magic button that increases your vertical or a special water fountain that makes your first step quicker. Until then, you must understand that to get the edge on your old self, that player that wants to be able to dunk the ball, or maybe

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just slap the foam at the bottom of the backboard, the new you, the you today, has to be willing to sacrifice some sweat, gingerly walks, and some ooo's and LOL's as you try to sit down. Are you mentally prepared? We believe that you are. We believe that your mind is right, otherwise you wouldn't have taken the steps to start this program.



*Get that
outta here!*



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