

# CATHEDRAL BASKETBALL



## FLEXIBILITY TRAINING PROGRAM

Coach Middlebrooks launched the Flexibility Training Program in 2013 by securing the services of Alicia Fisher: Pro-Athlete, Celebrity Specialty Trainer & Wellness Coach. Coach Fisher has worked with the likes of Britney Spears, NBA Champion Metta World Peace (formerly Ron Artest) and Chris Duhon. She is an accomplished classical & contemporary ballerina, modern dancer, and former Broadway performer as well as a trained expert for well over 15 years in Pilates&Yoga(before their more recent popularity)along with Floor Barre,& Tae Kwon Do. Her personal in depth study & interest in Anatomy, Nutrition, Physics & Brain Science (frequencies & visualization techniques-Visuo Motor Imagery), along with working with one of the dance world's top Physical Therapists, Sean Gallagher, has lead her to develop an entirely unique method of training of her own, primarily based on ballet technique. She began her working with her method, she calls Ballet Bionics(TM), with three time Super Bowl Champion, David Meggett.

### The Method & the Results

- 1) Increases the range of motion
- 2) Increases vertical jump
- 3) Improves first step quickness & speed,
- 4) Flexibility
- 5) Core strength gains
- 6) Gains in overall strength & conditioning
- 7) Improved Balance
- 8) Perfects footwork
- 9) Strengthens finite, often neglected muscle groups
- 10) Strengthens the Mind & Body Connection
- 11) Maximizes the ability to achieve Total Body Control
- 12) Increases breathing/lung capacity & muscle endurance
- 13) Improves diet, hydration, & overall health/wellness
- 14) Helps to radically Prevent Injury and/or quick & strong recovery post injury.

For more information call (323) 441-3133

[www.PhantomBasketball.org](http://www.PhantomBasketball.org)

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