

LORAS COLLEGE BASKETBALL FALL ACADEMY

With Prosper Basketball

OPEN TO PLAYERS GRADES 6TH-12TH

What will we be working on during Loras Basketball Academy workouts?

- Scoring out of the triple threat
- Scoring off of the dribble
- Scoring in transition
- Improved ability to break down your defender and create for yourselves and others
- Shooting off the move
- Shooting off the dribble
- Shooting out of the triple threat
- Improved footwork
- Ball handling with an emphasis on ball control
- Improve the ability to creatively finish around the rim
- Improved knowledge of how to move without the ball to space the floor
- In-depth pick and roll scoring/passing reads

These workouts will be college-level skills workouts.

WHEN: Monday - Thursday, 6-7 p.m. and 7-8 p.m.

WEEKS OF SEPT. 2, SEPT. 9, SEPT. 16, SEPT. 23 AND SEPT. 30

Loras College - Fieldhouse

COST:

1 SESSION	\$25
5 SESSIONS	\$115
10 SESSIONS	\$225

QUESTIONS?

CONTACT DANNY QUINN
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847-370-0701

COACHING STAFF

DANNY QUINN



- Loras '17
- Assistant Men's Basketball Coach
- Former Graduate Assistant Coach at University of La Verne
- Four-year member of the Duhawks basketball team

RYAN DICANIO



- Loras '19
- Four-year member of the Duhawks basketball team
- 3-Time First Team All-Conference
- 2018/19 D3HOOPS.com All-American
- 1,000 point scorer at Loras
- Captain of 2019 Sweet-16 Team

JOSH RUGGLES



- Loras '19
- Founder of Prosper Basketball
- Four-year member of the Duhawks basketball team
- 1,000 point scorer at Loras
- Captain of 2019 Sweet-16 Team
- World record holder for 3's made in 5 minutes
- 2017/18 Conference Co-MVP

GRANT WIEDERIN



- Loras '20
- Head of Player Development/Student Assistant Coach for Loras Men's Basketball
- Coached with NCAA College Basketball Academy, Snow Valley Basketball School
- Completed four-week player development course with Dallas Mavericks