

BSmart Basketball

Philosophy, Method + System



BSmart's Humble Purpose



- *Pain Free, Versatility + Longevity
- *Prepare so you don't have to repair
- *To fill the gaps in basketball skill and S&C

Tangible ways we are fulfilling this purpose:

1. Physical Potential- The Programs (Strength + Baller)
2. Mental IQ - The Playbook
3. Mentorship - Ultimate Teammate

BSmart X Factors



1. Basketball + Sport Specific Strength from bottom to top. They go hand in hand.
2. Current Professional Female Athlete. I'm in the trenches + I have the ability to relate and problem solve. (Learning by doing + going through it)
3. Form and/or Film Coaching - Direct feedback. (Reflection focus).
4. Real Time Check ins - 15 minute calls with me. (Talking it out).
5. The Playbook - (Written Form of learning)

Online Services

The 3 Main Programs -

The Baller Program

The Strength Program

Ultimate Teammate Program

*Bonus Programs- Lifehacks, Smart Stretch, One Stop Shop, etc



The Playbook - X's O's, Methodology, The Why, Tips and tricks.

Offering to be your **Coach, Teammate, and Mentor**- Emotional, physical, and educational support- Long term. With love, patience and hardwork.

BSmart's Program Levels + Annual Plan

Starter - Elite - MVP- (PRO)

- 12 week Program 1-4 Cycles
- The Long Game.

Baller Program + Strength Program

- 3 Strength Days, 2 Skill/Elasticity Days
- One Stop shop, LifeHacks + Future Programs



How does Real Time Training Relate to Online Training.



1. Once or even twice a week isn't enough to reach full potential.
Accountability and program to follow on other days
2. **Extra Guidance** - Programs, Form Videos, Check in's, and further education and support throughout the week.
3. **Free Access** - Sign up and enter promocode.

(Sign up to the roster)

3 Online Membership Options



1. **Monthly**- \$99 a month - \$24 a week
- A small taste and introduction
2. **Quarterly** (3 Months)- \$89 per month - \$10 off each of month-
\$22 a week
- A full 12 week cycle, and a full understanding of the BSmart Basketball.
3. **Annually** - \$79 per month - \$20 off each month - \$11 a week
- A full commitment to the true purpose of the programs with the long game in mind as we all know it takes time to produce change + reach potential.

How to get on the Roster?



How to sign up -

- * Go to BSmartBasketball.com
- * Click Sign up button
- * Choose your program of choice and your membership duration of choice.
- * Enter your details and you will get confirmation emails and details on how to find your workout.

How to use the App TrueCoach-

In your confirmation emails, you will get directions on how to

Download the app

Create your free account

and your workout will pop up!

Real Time Clients - Enter PromoCode

FAQ's



When can I cancel?

-Anytime after your subscription of choice is Finished not a locked in contract.

Do I have to be a baller to Sign up?

- No! The Strength Program and the Bonus Programs supplement well with any sport or any life goal.

Real Time Costs - \$60 - 30 minutes; \$110 - 60 minutes; Groups of 5 or more is \$25 per person for 60 minutes.

Do I need to sign up if I am a Real Time Athlete only? - Yes, so I can have your details, you can stay up with current events, get access to all the programs and playbook.

BSmart Basketball

B Humble
B Hardworking
B Smart

