

Pure Advantage Alaska Basketball Skills Camp @ Anchorage Christian School



Who is Matt Conboy?

Matt Conboy is one of the top professional basketball trainers in the world. He has owned and operated Pure Advantage Basketball Training since 2006. Matt trains 3rd grade-college and professional male and female players year round in Vancouver, WA. In addition to the one on one, small group, and team training, Matt has trained all over the Country. He has been invited and trained at the: **Nike Skills Clinics, John Lucas National Exposure Events, EOT Clinics, Pure Sweat Basketball Clinics, and the LS De Matha, Bishop Gordan, and Mater Dei Clinics.**

Matt's passion, enthusiasm, and innovative training techniques leave a lasting impression on every player and coach he works with.

Matt has trained over 300 of the top college and now professional players like: **Derek Raivio (Gonzaga/Japan), Ashley Corral (USC/WNBA), Heather Corral (UW), Dan Dickau (Gonzaga/retired 6 years NBA).** Matt graduated from college in 2005 from Oklahoma Wesleyan University, where he was an All-American. He received a B.S. in Education and Exercise Science. He has also attended the **Ganon Baker Certification Class.**

Clinic Features

Every Player receives a PA Training Manual...progress is tracked and results are measured throughout the year.

- 300 Shooting Workout
- 3 Attacks and 3 Finishes all players must have
- Pro Signature Moves
- Read and React Jab Step Series
- 3 ways to get open on the wing every time
- Basketball Specific Conditioning
- Motivational Life Lessons
- Individual film session
- Advanced Ball Handling



"The Key ingredient to confidence is preparation...We are true students of the game, and everyone at the clinic will be challenged physically and mentally, but will leave with a ton of confidence and motivation"

-Matt Conboy

November 15, 16

For: Junior High and High School Boy's and Girls (60 spot maximum)
Times: November 15 and 16 6:00-9:00 p.m.
Location: ACS 6575 East Northern Lights Blvd.
Cost: \$50. Pay by check to ACS or pay by credit card to activities office at 907- 337-9575 ext.6 then ext 3.



What others are saying about Matt Conboy?

"Matt Conboy has brought my game to the next level. The rigorous workouts have put me in the best shape coming into basketball season, and the individualized skill work has improved all aspects of my game. Matt didn't just focus on my strengths, but my weaknesses as well. I am truly blown away by the results of my experience"

-D1 Player

**CONTACT Coach Powers for questions @
dpowers@acsedu.org**

