

For Immediate Release

Tired Of Sitting On The Bench? Time To Hoop It Up!

With its mission defined: Intense-Mental-Positive-Aggressive-Competitive, I.M.P.A.C. Performance, headquartered in Queens, New York, shoots high to develop mental goals along with athletic ability in young men and women through the sport of basketball. I.M.P.A.C. uses its unique range of professional athletic training techniques to create focus and leadership skills. As a result, students develop a new level of confidence that translates into higher academic performance (and possibly even college scholarships), along with enhanced life and work relationships.

Each clinic will feature I.M.P.A.C.'s unique inside – out approach, aimed at building the complete person. Emphasis is placed on teaching sound fundamentals, while focusing on speed, agility, as well as proper passing and shooting techniques, along with post play rebounding skills. The professional training will help each individual break down the sound mechanics of each skill, based on guard, forward, and center positions. Students will also be taught step by step how to effectively run coach's drills and plays. This Spring I.M.P.A.C. will offer Basketball Training Clinics for elementary, middle school and high school students at both the beginner and advanced levels. The clinics will be held starting with the second Sunday in April and will subsequently take place every Sunday through the end of May, 2009, 3:00 to 6:00 PM in the upstairs gym at PS. 134, Langston Hughes School, 203-02 109th Ave. Hollis, NY, 11412. For more information or to register call: (718) 276-3959 or email: Celle2454@aol.com.

I.M.P.A.C. Performance, Inc., partners with the Office of the Queens District Attorney, The Boys and Girls Scouts of America and the NYPD "Cops Care" Program as a consultant for small group basketball workshops.

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