

Private Client Program

A specialized platform offered to select clients who are seeking highly individualized attention. Sessions will be held by one of our experienced trainers 4x per month.



Private Training 4-Pack: (4) 60-Minute 1:1 Private Training Sessions

- ❑ **\$300 Monthly Fee**
Recurring charge for players committed to weekly training

Contact 3d Athletics:

E-mail: info@3dAthleticsTraining.com

Call/Text: 631-525-2124



ROSSETTI
BASKETBALL



Private Training Times Offered:

1 hour appointments ONLY for up to 4 players per trainer at the times listed below

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am	10:00am	10:00am	10:00am	10:00am	10:00am	-----
11:00am	11:00am	11:00am	11:00am	11:00am	11:00am	-----
12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	-----
1:00pm	1:00pm	1:00pm	1:00pm	1:00pm	1:00pm	-----
2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm
3:00pm	3:00pm	3:00pm	3:00pm	3:00pm	3:00pm	3:00pm
4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm
5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	TBD

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Ability Based Group Training



Sessions will be limited to 12 players. Each session will be held by a 3d Athletics instructor with workouts running 75 minutes in duration. Workouts will be designed to teach specific skill topics as they relate to game situations. Players enrolled will all be of similar age/skill.

Group Training Package: \$200 - Monthly Recurring Rate

- Limited to 12 Players Per Session
- 75 Minute Workouts
- Similar Age/Ability
- Staff Generated Groups
- Built in 3-v-3 Competitive Play

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Ability Group Times Offered:

Players are assigned groups by ability level and/or age/gender at the times listed below

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:15pm - 7:30pm Ability Group 12 Players Max HS Boys JV	6:15pm - 7:30pm Ability Group 12 Players Max 5th Grade Boys	6:15pm - 7:30pm Ability Group 12 Players Max 6th Grade Boys	6:15pm - 7:30pm Ability Group 12 Players Max MS Grade Girls	6:15pm - 7:30pm Ability Group 12 Players Max 8th Grade Boys	10:00am - 11:30am MS Open Session Ball Handling & Finishing
7:30pm - 8:45pm Ability Group 16 Players Max College (Men's)	7:30pm - 8:45pm Ability Group 12 Players Max Varsity Boys I	7:30pm - 8:45pm Ability Group 12 Players Max Varsity Girls	7:30pm - 8:45pm Ability Group 12 Players Max Varsity Boys II	To Be Determined Contact to Schedule	12:00pm - 1:30pm HS Open Session Ball Handling & Finishing

- As a reminder, there are NO group sessions on Saturdays as we have assigned Private Training for the entire day
- Ability Groups will be assigned specifically by our staff
- Ball Handling & Finishing Groups on Sundays are open sessions for players to join

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Sunday Skills Group Training



Groups will consist of open enrollment for both Middle School and High School players. Sessions will be run by a 3d Athletics instructor. These workouts will last 90 minutes. Skill topics will target Ball Handling, Shooting, and Finishing.

- Middle School Package: Boys & Girls Grades 7 & Below \$150 for 4-Pack
- High School Package: Boys & Girls Grades 8 & Above \$150 for 4-Pack
- Walk-In Rate: \$40 for Single Session

Middle School: Grades 7 & Below	Sunday Skills Session 1:	10:00am - 11:30am
High School: Grades 8 & Above	Sunday Skills Session 2:	12:00pm - 1:30pm

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