

# Alan Stein's Cutting Edge

## Reaction, Quickness, and Agility Basketball Clinic



www.StrongerTeam.com

### Who is Alan Stein?

Alan Stein is one of the top **basketball specific** strength & conditioning coaches in the world. Alan offers a variety of training services nationwide and internationally. His company, **Stronger Team**, specializes in elite level basketball and provides the latest **basketball specific** strength & conditioning information, concepts, and drills to help coaches and players maximize their potential.

Alan is the Head Strength & Conditioning coach for the **DeMatha Catholic High School** boys basketball program. He is also a performance consultant for **Nike Basketball** as well as the head conditioning coach for the annual **McDonald's All-American game**, the **Jordan Brand All American Classic**, the **NBA Players Association's Top 100 Camp**, and the **Nike Skills Academies**. He has worked camps for the following NBA superstars: **Kobe Bryant, LeBron James, Steve Nash, Chris Paul, Paul Pierce, Vince Carter, Deron Williams, Kevin Durant and Amar'e Stoudemire**.

Alan's passion, enthusiasm, and innovative training techniques leave a lasting impression with every player and coach he works with!



### What they're saying about Alan Stein



*"Coach Stein helped me gain nearly 20 pounds my senior year at Montrose and continues to work with me to this day. The added size and strength he has given me has made me a better player on the court. He really helped me make*

*the transition from high school to college and from college to the NBA. His program is unbelievable."*

– Kevin Durant  
NBA All-Star with the Oklahoma City Thunder

### Clinic Features

- Movement Preparation
- Dynamic Flexibility
- Reaction, Quickness, Agility & Footwork
- Core Strengthening Exercises
- Basketball Specific Conditioning
- Motivational Life Lessons

**Location:** The Evergreen State College  
Recreation and Athletics (CRC 210)  
2700 Evergreen Parkway NW  
Olympia, WA 98505

**Date:** Saturday, November 5, 2011

**Time:** 9:30 a.m. – 12:30 p.m.

**Ages:** Boys and Girls, Ages 14+

**Cost:** \$75/Player, \$30 Coach,  
\$50 Coaching Staff

**For more information, or to register,  
please contact:** Coach Arvin Mosley, Jr.  
(360) 867-6725 (Office)  
mosleya@evergreen.edu  
@CoachMosleyJr (Twitter)

**All checks should be made payable to:**  
The Evergreen State College

Alan Stein's  
**Cutting Edge**



## Reaction, Quickness, and Agility Basketball Clinic

### Registration Form

#### Athletes Only

Athlete's Name:

Address:

City:

Zip Code:

Phone #:

Email Address:

Date of Birth:

Grade (2011-2012):

How did you hear about the Cutting Edge Clinic?

Parent's/Guardian's Name:

Parent's/Guardian's Email:

Emergency Contact Number:

Medical Information or allergies that we should be aware of:

#### Coaches Only

Coach's Name:

Address:

City:

Zip Code:

Phone #:

Email Address:

School/Program:

#### Waiver

Participation in basketball activities involves the risk of personal injury. The use of equipment and facilities, by person's participation shall constitute acceptance of that risk regardless of the nature of the injury. Stronger Team, Arvin Mosley, Jr., and all other coaches including Alan Stein, will not be liable for any injury, loss, or damage sustained or suffered by persons participating in the Cutting Edge Clinic, whether caused directly or indirectly by the negligence or fault of, Stronger Team (including Alan Stein) its coaches or otherwise.

Athlete/Coach's Signature:

Parent's/Guardian's Signature (Athletes Only):

Date:

For more information or to register, please contact:

Coach **Arvin Mosley, Jr.** - (360) 867-6725 (Office) - [mosleya@evergreen.edu](mailto:mosleya@evergreen.edu)  
[@CoachMosleyJr](#) (Twitter)

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