

EVERY MORNING I GET OUT OF BED WITH THE MISSION OF DISCOVERING THE BEST WAYS TO TRAIN AND DEVELOP ATHLETES.

THIS JOURNEY HAS TAKEN ME TO SOME INCREDIBLE PLACES AND I'VE BEEN ABLE TO WORK WITH SOME OF THE BRIGHTEST COACHING MINDS IN THE WORLD.

BASKETBALL SCHOOL IS A WAY FOR ME TO SHARE EVERYTHING I'VE LEARNED WITH ATHLETES FROM ALL OVER THE COUNTRY.

I'VE PUT EVERYTHING I HAVE INTO THIS MISSION AND I'M EXCITED ABOUT THE IMPACT IT'S HAVING.

WE'RE COMING TO YOUR COMMUNITY THIS SUMMER AND I WANTED TO TELL YOU ABOUT WHAT WE HAVE PLANNED FOR THE WEEK.

A stylized, handwritten signature in black ink, appearing to read 'T. Ragan'.

Trevor Ragan

founder: TrainUgly.com + Basketball School



BASKETBALL SCHOOL

WE TRAIN HARD - WE TRAIN SMART - WE TRAIN UGLY

PERFORMANCE & DEVELOPMENTAL SCIENCE

GROWTH MINDSET

This is the single most important thing that we teach. Decades of research shows that developing a growth mindset helps players perform better under pressure, become more mentally tough, and improves their long term development on the court, in the classroom, and in life.

OUR PROGRAM'S FOUNDATION IS CREATED BY TWO GROUND BREAKING AREAS OF RESEARCH. UNDERSTANDING THESE CONCEPTS IS THE KEY TO GETTING BETTER AT JUST ABOUT ANYTHING. WE DESIGNED BASKETBALL SCHOOL WITH THE HELP OF OUR FRIENDS AT THE OLYMPIC TRAINING CENTER

MOTOR LEARNING

Science shows that making a few small adjustments to practice design can maximize learning and development. We use motor learning to shape everything we do at camp. We value game like reps and creating a competitive, fun environment for players to thrive and develop.

A CAMP STRUCTURE UNLIKE ANY OTHER



SMALL GROUP TRAINING

Players will be divided into small training groups. This approach allows us to give everyone more reps & one-on-one coaching

Players will get more game reps in an hour than they will in 4 days of a 'normal' camp.

Each group will be in for 2 hrs and 15 min Monday - Thursday.



DAILY WORKSHOPS

For 30 min a day we'll conduct workshops. This is where we teach the players about the mindset research and show them how to foster a growth mindset within themselves and others.

We'll present a lot of cool material, create discussion groups, and journal each day.



VISUAL FEEDBACK

Research shows that visual feedback is the most valuable type of feedback in the learning process.

We have iPads and TV's spread throughout the gym that show a delayed stream of the action. Players are able to watch and learn from everything they do.

Daily Schedule ▶

1 hr small group workout

30 min workshop

45 min game session

2 hr 15 min /day

THIS WAS THE BEST SPORTS EXPERIENCE I'VE EVER HAD IN MY CAREER. THANKS FOR EVERYTHING, GUYS! KEEP DOING WHAT YOU'RE DOING!

- 2014 PLAYER

I'VE TAKEN MY SON TO CAMPS ALL OVER THE COUNTRY AND THIS IS BY FAR THE BEST. WHAT YOU'RE DOING HERE IS ABSOLUTELY AMAZING

- 2014 PARENT



BASKETBALL SCHOOL

We Train Hard • We Train Smart • We Train Ugly

TRAINUGLY.COM/BASKETBALLSCHOOL



PLAYER REGISTRATION

A 4 DAY BASKETBALL EXPERIENCE UNLIKE ANY OTHER

PLAYER NAME _____

PARENT NAME _____

'15-16 GRADE _____ SHIRT SIZE _____ GENDER
(HS/Middle School only) f m

EMAIL _____

PHONE _____

- CAMP**
- Lander Boys June 1-4
 - Lander Girls June 8-11
 - Jackson June 22-25
 - Millsap, TX June 29 - July 2
 - Cody July 6-9
 - Lovell July 13-16
 - Casper Boys July 20-23
 - Casper Girls July 28 - July 31*
(*Tue - Friday)

EACH CAMP RUNS MONDAY - THURSDAY

COST
\$175/player
(\$20 off for siblings)

PLEASE MAIL CHECK + FORM TO:
TRAIN UGLY
1904 S. CEDAR ST.
CASPER, WY 82601

DAILY SCHEDULE

Players will be divided up into groups by grade and gender. Each group will attend a 2:15 session Monday-Thursday

Groupings will be emailed out after registration closes!

- Group 1 **8:00-10:15am**
- Group 2 **10:15-12:30pm**
- Group 3 **12:30-2:45pm**
- Group 4 **2:45-5:00pm**

REGISTRATION CHECKLIST

- complete this registration + waiver
- mail this page + check to Train Ugly
- we'll let you know we got it all
- we'll email you with groupings/session times

WAIVER OF LIABILITY RELEASE

For and in consideration of the undersigned participant's registration with Train Ugly LLC and being allowed to participate in events and member activities, participant and the parent(s) or legal guardian(s) of participant waive, release and relinquish any and all claims for liability and cause(s) of action, including for personal injury, property damage or wrongful death occurring to participant or participant's parent(s) or legal guardian(s) arising out of participation in Program events, associated sports, and/or activities incidental thereto, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that participant and/or participant's parent(s) or legal guardian(s) may have are hereby waived, released and relinquished, and participant and participant's parent(s)/guardian(s) do so on behalf of their heirs, executors, administrators and assigns.

Participant and participant's parent(s)/guardian(s) acknowledge, understand and assume all risks relating to sports participation and activities incidental thereto, and understand that sports and activities incidental thereto involve risks to participant's and participant's parent(s)/guardian(s) person including bodily injury, partial or total disability, paralysis and death, and damages which may arise there from and that we have full knowledge of said risks. These risks and dangers may be caused by the negligence of the participant, participant's parent(s)/guardian(s) or the negligence of others, including the organization, its affiliates, members, event hosts, other participants, other parents and legal guardians, coaches, officials, sponsors, advertisers, owners and operators of the premises used to conduct any event and each of them, their officers, directors, agents and employees (collectively, "releasees"), and include risks arising from the conditions and use of sports facilities and related premises. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time.

Participant and participant's parent(s)/guardian(s) acknowledge, understand and assume the risks, if any, arising from the conditions and use of sports facilities and related premises, whether as a participant or a spectator, including without limitation, the risks involved with participating in the Organization's sports activities. Participant and participant's parent(s)/guardian(s) further acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said facilities, for negligent selection of certain releasees, or negligent supervision or instruction by releasees.

Participant and participant's parent(s)/guardian(s) agree if any claim for personal injury or wrongful death is commenced against releasees, he/she shall defend, indemnify and save harmless from any and all claims or causes of action by whomever or wherever made or presented for his/her personal injuries, property damage or wrongful death.

Participant and participant's parent(s)/guardian(s) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of releasees, that they are fully advised of the potential dangers and understand these waivers and releases are necessary to allow the activities of the Organization to exist in its present form.

I, (printed name) _____, am the parent or legal guardian of the participant/s (insert name/s here) _____. I have read and understand the provisions of this document, I consent my child participating in the activities described above, and I fully enter into and agree to the above Release and Waiver.

Signature of Parent or Legal Guardian _____ Date _____