



# PPA Hoops Premier Program

Emerging as the top travel basketball  
club in the DC/MD area







# PPA Premier

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PPA Premier Hoops is a premium club sports experience for advanced player development. Our goal is to provide talented players with a challenging and rewarding experience, which builds pathways for players to reach high school and the collegiate level. We pride ourselves in setting our players up for success—both on and off the court—and by instilling life values such as passion, leadership and camaraderie.



# A Year Round Program

The Premier Hoops Program is a year round travel basketball program.

Practices are held in the Bethesda area, including schools such as Westbrook ES, Chevy Chase ES, Rosemary Hills ES, North Bethesda MS, and more. Our teams compete in local travel leagues such as Force One, Darnestown Cougars, PVBL, Rising Stars, DMV Soaring Stars, and Bethesda Girls Basketball League. Teams may also play in multiple AAU tournaments spread out across the year, in-between fall and spring. Though tournaments for each team are highly encouraged, teams have the option to participate in tournaments, or to opt out.

## Fall

2 practices/week  
Weekend league play  
9-10 week season  
AAU Tournament (optional)

## Winter

2 practices/week  
Weekend league play  
9-10 week season  
AAU Tournament (optional)

## Spring

2 practices/week  
Weekend league play  
9-10 week season  
AAU Tournament (optional)

## Summer

1 week of day camp  
1 week of evening camp  
5-6 weekend invite-only premier scrimmaging





# Age Group and Team Tiers

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**Team placements are based on age and merit.**

Premier Teams are first organized by gender and by grade. Based on the amount of skilled players per age group, there may be more than one team in an age group. Throughout the year, coaches track player progress, and at the end of the spring season, coaches recommend placement based on performance over the season; meaning players who excel during the year will have the opportunity to 'move up' and vice versa. Premier Hoops teams start at 3rd grade, and our oldest age group at the moment is 8th grade.





# Premier Tournaments

Every team in the Premier program has the opportunity to compete in a tournament (or several) each season. Prior to each season, team managers will select tournaments based on players/families weekend availability, assuming that the tournament experience is something your team wants. We highly encourage that every team participates in a tournament, but it is certainly not required, if your team elects not to. From a list of tournament options vetted by Program Director, Eli Schwadron, and Head of PPA Hoops Michael McClain, we would ask managers to lead the discussion among team parents as to which option is best. This team-oriented system gives parents more control in determining a schedule that will work for them and optimizing participation among players.





# Premier Hoops Program

Teams	Programming	Price
2nd grade "Pre-Premier"	<ul style="list-style-type: none"><li>• 3 clinics in the Spring season</li><li>• Goal is to build chemistry heading into the 3rd grade</li></ul>	Free of charge
3rd--5th grade teams	<ul style="list-style-type: none"><li>• 2.5-3 hours of practice each week</li><li>• Travel league play each season</li><li>• 2-4+ AAU Tournaments (optional)</li><li>• Day camp and evening camp in the summer</li></ul>	\$200/month
6th--8th grade teams	<ul style="list-style-type: none"><li>• 3 hours of practice each week</li><li>• Travel league play each season</li><li>• 2-4+ AAU Tournaments (optional)</li><li>• Day camp and evening camp in the summer</li></ul>	\$215/month





# Coaching

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**As a coaching staff, we prepare our premier players to able to compete at the highest level.**

Our premier coaches have been identified as the best in the area. They follow an advanced curriculum designed by our technical staff to optimize both team and player development, while instilling our PPALife cultural values.

## **What makes a PPA Premier coach unique?**

All premier coaches go through an intricate vetting and on-boarding process. Premier coaches must have in-depth coaching experience and must coach for PPA for at least two seasons before becoming a premier coach. All Premier Hoops coaches must also obtain a basketball certification from the National Federation of State High School Associations (NFHS).





# Events

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**PPA Premier players have access to exclusive events at collegiate and professional arenas in the DC-Maryland-Virginia area.**

**Here are just a few examples of Premier-exclusive events:**

- Participate in pre-game warmups at a Mystics game
- Free throw challenge on the court after a Wizards game
- PPA halftime scrimmage at an American University game

These events also foster camaraderie and off-court chemistry amongst teammates. Many of our oldest Premier teams have formed strong friendships from season after season of playing together, and these events help to enrich those friendships even more. These off-the-court experiences allow players to get to know each other away from their practice times, and simply enjoy one another's company by taking in a college or professional game together.





# Tryouts

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PPA Premier tryouts take place after each Spring season. Tryouts are mandatory for potential new players, as well as for current and returning players. During tryouts, each age group and each roster is re-evaluated. New rosters are then formed for the upcoming academic year, as these rosters will be locked in and solidified for the proceeding fall, winter, and spring seasons.



# IDP's

Premier players are put on individualized progressions plans to track their progress over multiple years.

Each player can expect to be placed on Individual Development Plans (IDPs) with their coaches. Throughout the year, premier coaches evaluate players and provide personalized feedback for improvement. Through our IDP program, players can expect 1-on-1 meetings with their coaches every season, helping them take tangible steps to reach higher levels. Through constructive criticism, these "basketball report cards" fit into PPA's player-oriented approach.

Individual Development Plan #1

Player Name 11/1/21

Team	PPA 5th green boys
Position	2-4

Grade	4th
Hand	Right

Player Goal	"This year I want to be a better one on one defender, and I would like to consistently make layups with my left hand."
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Push-Up Test	23	1st
Vertical	12 inches	7th
Shuttle run	43.2	3rd
Mile time	8:48	5th

AST per game	6.1	1st
REB per game	2.3	7th
TO per game	4.5	2nd
FT%	90%	1st

Positive	Opportunities for Improvement
<p>-Coachability: Since he was a 1st grader John was always extremely coachable. He takes instruction well, doesn't goof off, and leads by example in his behavior.</p> <p>-IQ: High iq player that has a great understanding of the game: spacing, angles, what works, what doesn't, and why. His knowledge of the game gives him an advantage on the court.</p> <p>-Offensive skill: Very skilled players. One of the first on the team to begin shooting left hand layups. Grady seems comfortable using both hands, to finish or to step through and pass. It's clear this is a function of him practicing these things.</p>	<p>-Man to man defense: John is one of our weaker man to man defenders, and we often hide him on a weaker offensive player. He is often too close to his player, inviting a drive.</p> <p>-Being vocal: Grady leads by example. The next step is being a vocal leader; talking to guys to make sure they know what is going on, or lifting them in quick conversations to boost their confidence.</p> <p><u>Training Recommendations?</u></p> <p>-Needs to spend the spring, and summer especially, trying to guard the other team's best player. Playing and guarding better and/or older players, and really working to become a better and</p>





# PPA APP

PPA has its own phone app to make the lives of parents as simple as possible. You can download the PPA App from the GooglePlay or Apple Store by clicking one of the links below:

[GooglePlay Store](#) or the [Apple Store](#)

Our App allows parents easy access tot heir PPA schedule and include features to make their lives as parents that much easier, such as:

- A Calendar Sync Function to sync PPA schedules to your google or IOS calendar
- An RSVP function to practices, games, or events on your schedule
- A Team Messenger to stay in communication with the team
- Roster and Contact Information for teams and groups





# Gear

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Gear is a one-time Fall purchase (every two years). The jersey and gear package is between \$250–300.

## **What will parents need to purchase?**

When you join a Premier team, all players are required to purchase a jersey set, practice shirts, warm-up set, and a bag.

## **When do parents get jerseys?**

Once you going a team, you should purchase your jerseys as soon as possible. They usually take 2–3 weeks to ship.

## **How do I purchase my jersey?**

We'll send instructions so that parents can purchase their players' jerseys (with the correct sizes), and they will ship to your house.





# Program Director

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**Eli Schwadron**

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Eli joined PPA in 2016 with a passion for hoops and helping kids. After playing basketball at Blair High School, Eli got his journalism degree from the University of Illinois and worked for SLAM Magazine, a hoops-heavy publication. Now, in addition to running the PPA Premier program, Eli also coaches the Varsity Girls Basketball team at Northwood High School. Eli couldn't be more grateful to work alongside such a talented group of players and coaches. As director of the PPA Premier program, his personal goals are aligned with the program's mission: to help provide the best basketball experience possible for every team, player and coach in the PPA Premier system. Some of Eli's favorite childhood memories are of playing competitive sports with his friends, and he wants to help recreate those moments for the next generation.