

Daily Film Session



About Micah

A former high school, college, and professional player, Micah Lancaster is a world renowned basketball skill development trainer who has worked with players at all levels – grassroots to pros – including Kobe Bryant for an event with the London School of Basketball and most recently with Dwyane Wade and Mario Chalmers of the Miami Heat.

As founder of I'm Possible Training, the world's fastest growing Training Academy, and the former lead trainer of Ganon Baker Basketball, Micah is known around the world for his skills, drills, and original training methods.

Based in North Carolina, players from around the globe travel directly to Micah for private training or just to attend his camps and clinics. In fact, Micah has hosted players from Italy, Singapore, England, Hong Kong, and India in just the last two years.

Micah's Story

Standing only 4'11 as a freshman in high school, Micah was told what many players are told these days when facing limitations – GIVE UP! It was at that time, however, that Micah began looking at the impossible a bit differently than everyone else. Micah was determined to succeed and make it to the college level, so he took the impossible and sought to change it into I'm Possible.

While others played the game, Micah dedicated himself to learn how to train for the game of basketball. Studying the game became his obsession, creating and inventing new drills and training methods became his hobby, and eight hours of repetition per day became his passion.

As a senior in high school, Micah averaged 25 points per game and over 30 points per game in a historic state tournament run that brought his team to Michigan's final four for the first and only time in school history.

That same work ethic and training inventiveness carried Micah through college as an All-American and to the International Basketball League as an All-Star. Micah soon realized his passion was in teaching and decided to focus on personal basketball training. Micah returned to the gym with a new focus and began to center his efforts on taking his drills, methods, and techniques to the next level and has been at it ever since.

His guarantee remains the same –

"If I can do it, then so can you!!!"



The I'm Possible Camp Formula

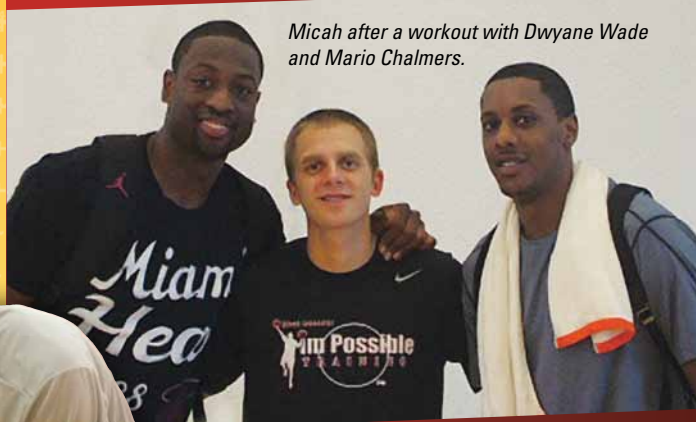
70% of the camp activity is drill work to improve triple threat, dribble triple threat, creating space with the dribble and out of the triple threat, NBA dribble moves, shot mechanics, intense shooting, moving without the ball, finishing, footwork to finish, motion, reading the defense, and decision making.



15% of the camp activity is film study session to illustrate individual skills. Clips from the best players in basketball are broken down and studied so that the players can visually learn as well.

15% of the camp activity is game play. This is where the attendees can practice what they have learned in a game atmosphere. Games are 2 on 2, 3 on 3, 4 on 4 & 5 on 5.

Micah after a workout with Dwyane Wade and Mario Chalmers.

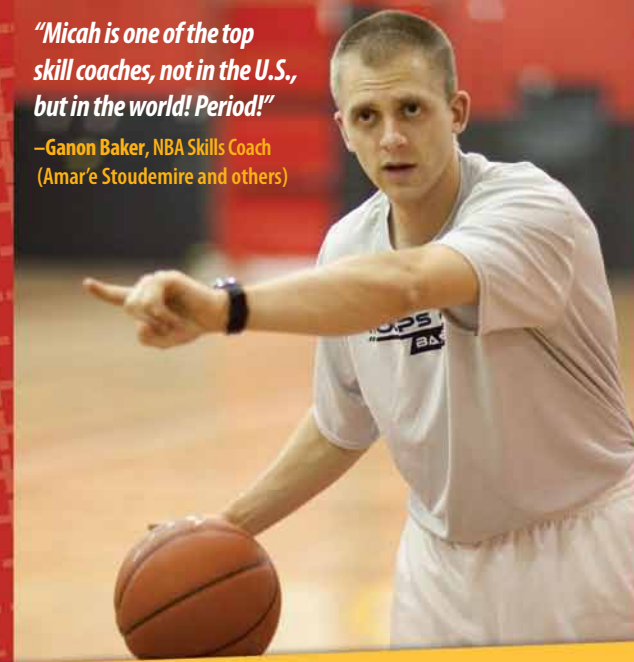


My goal is to leave each player inspired and equipped to train on their own. After every event, each player is ready to train for the next couple months. Then, we meet again and the process continues. Future stars are being born!

—Micah Lancaster

"Micah is one of the top skill coaches, not in the U.S., but in the world! Period!"

—Ganon Baker, NBA Skills Coach (Amar'e Stoudemire and others)



Micah Lancaster's I'm Possible ELITE TRAINING BASKETBALL CAMP



2012
JUNE 16-17
AUGUST 6-9
AUGUST 20-23



MONROE 33 BASKETBALL SPORTS CENTER

Advanced Instruction

When a player comes to a Micah Lancaster camp, they will experience much of the same advanced teaching and instruction as are offered at Nike Skill Academies and NBA workouts, but broken down in a progressive form that every player can handle no matter their age or skill level.

Players will participate in a daily film session to watch the teaching points and moves they have learned. The film sessions summarize the true purpose of the camp – to teach players how to train on their own!

Camp Director and head camp trainer, Micah Lancaster takes a hands-on approach with all of the players and is present at all times during camp.

Micah's staff includes I'm Possible Trainers, local basketball instructors, and current and former collegiate stars.

The ratio of coaches to players will never exceed 10 players to 1 coach, but even that matters very little. Micah Lancaster's innovative teaching techniques are designed to make every player feel like they are alone with him in the gym.



FAQ: IS THIS CAMP TOO ADVANCED?

The answer is yes! That's why players need this camp. In nearly any other camp across the country, players can attend – play a few games and run through stations without confronting a physical or mental challenge. In other words, there is no growth.

Micah Lancaster is a master at training the youngest to the most experienced of players at just the right level of intensity and advancement. No player will leave a Micah Lancaster camp underestimated, and will instead leave with the knowledge needed to improve on their own!

FAQ: HOW CAN 4TH & 12TH GRADERS BE IN THE SAME CAMP?

Players are split appropriately into their own age/skill levels and their individual groups will be challenged and pushed. That's why Micah Lancaster's basketball camps may be the only camps in the country to effectively train 4th graders and 12th graders in the same camp! No quality is lost and players get incredible results!



For boys and girls, ages 9–19.

Micah Lancaster's I'm Possible Elite Skills Training Camp

Date	Days/Time	Tuition
August 6-9	Mon. – Thurs. / 9am – 3pm	\$300
August 20-23	Mon. – Thurs. / 9am – 3pm	\$300

I'm Possible Elite Skills Weekend Training Academy

Date : June 16-17 Time: 10am-4pm Tuition: \$175

Two days of elite skill development. The same curriculum as the four-day camp, but compressed into two days to get serious players ready for the summer AAU season and to give players the tools and drills they need to work on all summer.



"Micah Lancaster brings great energy to every workout with a tremendous skill set that players can emulate, and creative workouts that keep the players expanding their game. Players leave every workout better and wanting more!"

–Aubrey McCreary, Skills Coach for the Cleveland Cavaliers

Micah Lancaster's One-Day Shooting Camp

Most players don't need to change their shot. They just need to tweak a few small details. Micah Lancaster's One-Day Shooting Clinic simplifies a player's shot so that each player will learn to stop thinking, and just shoot! Through Lancaster's innovative, yet simple concepts and teaching points, this shooting clinic is guaranteed to bring each player tremendous long-term results!

Date	Days/Time	Tuition
August 10	Friday / 9am – 12pm or 1pm – 4pm	\$100
August 24	Friday / 9am – 12pm or 1pm – 4pm	\$100

(\$75 if booked with I'm Possible Camp)

TO REGISTER

and for more information, go to:

www.micahlancaster.com

Email: micahlancaster@optonline.net

or call: **732-904-0950**

(LIMITED ENROLLMENT)

Camp Sold Out 2010 & 2011



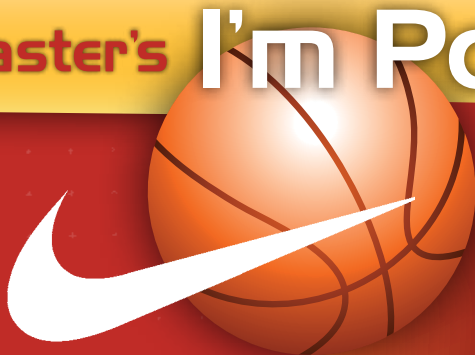
Micah Lancaster's I'm Possible

ELITE TRAINING BASKETBALL CAMP

Located at:

Monroe Sports Center
1405 Perrineville Road
Monroe, NJ 08831

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