We Discuss Your Student-Athlete’s Training Needs
We Offer Personalized Positional Skill Training Sessions
We Train for Solid Game Time Results

THE BASKETBALL SWEATSHOP ACADEMY
Call 281.213.3311

Hosted by Elite Action Sports Training

D-SPOT (Gym)
9745 Bissonnet St. Houston TX 77036
Sundays
4 - 5 pm Elite Training
5 - 6 pm 3rd-8th
6 - 7 pm 9th-12th

WEST HOUSTON INDOOR
17115 Clay Road, Houston, TX 77084
Sundays
5 - 6 pm 3rd-8th

Boys & Girls
Grades 3rd - 12th

Cost: $90/Month $65/Hr Private $50/Hr Semi-Private
Info: 281.213.3311

SportsCapers is a proud sponsor of Sweatshop Academy

Baller with Game! The Next Generation.
Who’s Up?

Sportscapers is a proud sponsor of Sweatshop Academy
Sweat Shop Academy is proud to start again the best comprehensive pre-season basketball skills and performance for basketball boy and girl student-athletes. Rick Nelson will bring you the most fundamental skills based basketball sessions available.

Our mission is to significantly enhance the performance skills of young athletes and provide a positive and motivational training atmosphere in which to excel. Each session will be packed with fundamental basketball drill training in the areas of dribbling, shooting, and ambidexterity development. Our performance team will provide an explosive endurance program, agility and multidirectional movement skills, speed development and an injury prevention program.

Sweat Shop Skills:
- Mechanics of shooting
- Ball-handling
- Offensive Footwork
- Triple-Threat
- Offensive Moves
- Drills of Speed, Agility and Quickness
- One-on-One Moves
- Defensive Stance
- Defensive Footwork

We Challenge You:
- Intense
- Competitive
- Trained Staff
- Triple-Threat
- Skills & Fundamentals Oriented

Testimonials

Since the start of your *Sweat Shop*, my son performance level was at a low D-1 player, but you have produced a high major ABCD All-Star D-1 type of player. Your *Sweat Shop* taught my son how to understand the game, how to become a scoring threat, how to work on his game, and finally how to enjoy success." - Dale L. Vanwright Sr.

“Rick Nelson and his Elite Action staff have been very beneficial in the development of Damion James and Kendle Hall. The individual workouts have helped them become better offensive players with and without the ball in their hands. They also improved in their off season conditioning and their work habits helping them to achieve their goals of becoming complete basketball players.” - Mark Richardson Head Coach Nacogdoches H.S.