



**BRIDGE  
THE GAP!**

*Las Vegas*

Powered by Impact Basketball



# WHAT IS IMPACT BASKETBALL?

## ATHLETIC TRAINING

Full-time athletic training staff on-site throughout camp to attend to athlete needs.

## NUTRITION

Nutrition consultation and analysis.

How nutrition impacts performance.

Age appropriate supplements.

## MENTALITY

How to develop the proper training mentality and confidence.

## STRENGTH & CONDITIONING

Technique and safety instruction.

Improve athleticism and flexibility.

## SKILL DEVELOPMENT

Intense fundamental drill work.

Translating drill work to competitive play.

Fully-Integrated program in one site.

Impact Basketball is a carefully designed training programme to help all players take their game to the next level!

Impact is an unique experience that will change the way young players approach their training and development. We are home to NBA level development staff representing 47 states and 92 countries.

We are home to more NBA draft picks than anywhere in the world!



## IMPACT ALUMNI

KAWHI LEONARD

MYLES TURNER

SERGE IBAKA

KRISTAPS PORZINGIS

KYLE LOWRY

ZIAIRE WILLIAMS

TYRESE HALIBURTON

JAYLEN BROWN

BLAKE WESLEY

JOSH GREEN



**KYLE LOWRY**

#7 MIAMI HEAT





## LEAD COACHES

### JOE ABUNASSAR

#### FOUNDER

Starting as a member of legendary Hall of Fame coach Bob Knight's staff at Indiana. Joe went on to develop the world's most admired basketball skill and performance training programs. He has been regarded as the top trainer for NBA players for the past two decades and has deep relationships throughout today's NBA talent and leadership.

### MIKE MOREAU

#### ACADEMY DIRECTOR

Mike has been with IMPACT in Los Angeles and Las Vegas since 2011 after having coached and trained high school, college and professional players since 1986. He has coached numerous state ranked teams and college bound players and for years was a key figure in the prestigious Five Star Basketball Camp.

Mike has also worked as an NBA analyst for ESPN.com and currently runs a street evangelism ministry in Las Vegas. Married since 1988, Mike and his wife Kristi have two adult children and two grandchildren.

### TYLER SCOTT

#### STRENGTH & CONDITIONING

Scott, a 2015 graduate of Elms College, played for the Blazers for four seasons. Prior to his time at Elms, he was part of the Impact Academy program for two seasons. Scott leads performance workouts for all of Impact's clients and directs strength and conditioning for Impact Academy.





## TRAINING ETHOS

### STRENGTH & CONDITIONING

Impact provides age-appropriate strength, conditioning, and movement training specific to the needs of basketball players and modelled off the program used to build the careers of hundreds of NBA players and elite players of all ages.

### MENTAL TRAINING

Spending time at Impact will completely change the way young players mentally approach their training and playing. This is a key component to the Impact system and an emphasis with all training programs.

### NUTRITION

Impact has their own Nutritionist on staff, Isaac Mourier. Isaac, MSc, SENr, BDA, ISAK LI, is an Elite Sports Nutritionist (and ex-professional basketball player) from the United Kingdom who applies his expertise in a number of ways to help our pre-draft, summer camp, pro's and academy players alike to achieve their goals everyday.

IMPACT'S approach to nutrition is a food first approach. Impact is an advocate for high-quality nutrient-dense meals and goal-oriented snacks as the foundation for success, accompanied with the addition of a well-thought-out supplement strategy made up of NSF certified products.

# DAILY SUMMER TRAINING CAMP SCHEDULE FOR BOARDING STUDENTS

<b>7:30 AM</b>	Wake up, shower & breakfast.
<b>8:30 AM</b>	Depart for IMPACT facility.
<b>9:00 AM</b>	Dynamic warm-up w/ performance coaches.
<b>9:30 AM</b>	On court skill development.
<b>12:00 PM</b>	Lunch, rest and recovery: observe NBA players & 5 on 5 games.
<b>1:30 PM</b>	Performance training and testing.
<b>2:45 PM</b>	Competitive, training, skill specific training.
<b>4:15 PM</b>	Camp wrap-up.
<b>5:30 PM</b>	Dinner service at IMPACT.
<b>7:00 PM</b>	Individual needs & free time.
<b>SCHEDULE IS A SAMPLE AND SUBJECT TO CHANGE</b>	

**“NO ONE HAS OUR EXPERIENCE  
PREPARING PLAYERS FOR  
THE NEXT LEVEL.”**

# ACCOMMODATION & MEALS

## ACCOMMODATION

Located in a suburban, residential neighbourhood, our campus offers the perfect environment. Our coaches live on site and provide transportation and supervision 100% of the time.

Our clients have in unit washer/dryer systems, as well as access to other on-campus amenities which include: two pools, a hot tub, internet desktops, game room with HD TV, and outdoor seating and grilling.

## MEALS

Impact has partnered with local kitchen, Feel Meal to provide high quality meal prep for our clients. Each meal is approved by our nutrition staff. Our goal is to provide nutrient dense meals that are necessary to maximize the intense training schedule.

Meals are provided to athletes on a daily basis under the guidance of our Impact staff. Alternate nutrition plans can be offered for unique situations, upon request.







## THE NEXT CAMP:

Sunday 24<sup>th</sup> August – Friday 29<sup>th</sup> August 2025

\*Travel Dates and times are TBC

**SATURDAY 23<sup>rd</sup>:** Travel

**MONDAY – FRIDAY:** Camp

**SATURDAY 30<sup>th</sup>:** Travel back to UK

**AGES:** 14 – 20 year olds

**COST: £3,300** (excluding flights)

## TRAVEL OPTIONS:

– Arrange own flight to Harry Reid International Airport for arrival on Saturday 23<sup>rd</sup> August and departure in the evening of Friday 29<sup>th</sup> August.

– Group travel can be arranged for those leaving from London

If you've got any questions about Bridge the Gap Las Vegas or want to secure a place, you can get in touch with Coach Maitland by emailing [ruchae@coachmaitland.com](mailto:ruchae@coachmaitland.com)

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