

Youth Basketball

MT Elite Training with Missy Traversi

Basketball for Beginners (Boys & Girls grades K-2)

6 weeks

1 hour classes

\$125 Y Member

\$150 Program Participant

Post and Guard Specialty Clinic (Boys & Girls grades 3-8)

6 weeks

1 hour classes

\$225 Y Member

\$250 Program Participant

All Sport Fitness Academy (Boys & Girls grades 7-12)

6 weeks

1 hour classes

\$175 Y Member

\$200 Program Participant

Complete Skill Development (Boys & Girls grades 3-8)

6 weeks

1 hour classes

\$125 Y Member

\$150 Program Participant

For more information visit
www.mtelite.com



Missy Traversi, owner of MT Elite Training, is a former player and graduate for the Division I University of Maine Women's Basketball Team, led her team to two NCAA tournament appearances along with three regular season titles. As a point guard and floor leader, she led her team both in scoring and assists. In her senior season she was named to the All-conference America East First Team, became a member of the 1,000-point scoring club and earned a contract to play Professional Basketball in Sweden. After being named the number one scorer in Sweden in the 2005-2006 regular season, Traversi was invited to the 2006 WNBA Chicago Sky Training Camp.

In 2006, Traversi coached Brookline High School's Girls Varsity Basketball Team. In 2008, Traversi returned to Sweden for another year of Professional Basketball and was named Assistant Coach of her team. Returning to the United States in 2009, Missy coached the Dover-Sherborn High School Varsity Girl's Basketball Team. She was named Tri Valley Leagues Coach of the Year!

Missy grew up at the Attleboro YMCA and returns to bring her knowledge, enthusiasm and energy to teach the youth of the Attleboro area all the basketball knowledge and skills she has gathered during her storied career.

MT Elite provides private shooting lessons, group instruction, summer camps and skill clinics throughout the Boston area. Visit www.mtelite.com for more information.

Basketball For Beginners

A basic skills program for the younger player

SAT 3:00-4:00 PM

Post and Guard Specialty Clinic

Offensive and defensive post moves, offensive and defensive rebounding. Post passing and catching skills. Offered twice a week.

THUR 7:00-8:00 PM

SAT 2:00-3:00 PM

All Sport Fitness Academy

Offered twice a week. Fitness training. Offered twice a week.

THUR 6:00-7:00 PM

SUN 11:00-12:00 PM

Complete Skill Development:

Passing and catching, shooting and movement, dribbling and ball control, footwork and pivot, defense and rebounding. 1 on 1 and 3 on 3.

SUN 10:00-11:00 AM

www.attleboroyymca.org

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