



**PERFORMANCE TRAINING, INC.**

[www.performancetraininginc.com](http://www.performancetraininginc.com)

# **PTI Basketball**



**Jackie Ansley and her Performance Training, Inc. (PTI) staff have over a combined 40+ years of training athletes in speed, agility and quickness (SAQ) as well as fundamental skills in basketball.**

**PTI basketball skill sessions will focus on linear speed, lateral quickness, shooting form, defensive stance and dynamic multidirectional movement.**

**PTI has recently added, Ashley Alexander former University of New Orleans, basketball player to the staff. Alexander offers both SAQ training and one-on-one or team basketball skills training.**

**The experience of both PTI and Alexander will help basketball players for pre-season conditioning and during the off-season. Alexander is available at Fort Sanders Health and Fitness Center, 180 Sports and Fitness Center or to come to a team or school facility. She is also available for one-on-one or team training.**



**For more information or to schedule PTI basketball skills & SAQ sessions, contact the PTI office at (865) 531-5453.**