

Coach Nichols' School O' Ball



GET THE SCHOOL O' BALL GUARANTEED COMPETITIVE ADVANTAGE:

1. Can you execute both a bounce and a chest pass?	YES	NO
2. Can you execute both from a stationary position and on the move?	YES	NO
3. Can you score off the catch and the bounce?	YES	NO
4. Can you shoot a left and right-handed lay-up equally well?	YES	NO
5. Can you dribble with either hand without breaking your rhythm or losing the ball?	YES	NO
6. Do you know how to read your defensive opponent and exploit their weakness?	YES	NO
7. Can you create your own shot?	YES	NO
8. Can you perform at full speed without sacrificing fundamentals?	YES	NO
9. Do you have a set free throw routine resulting in 70% accuracy or better?	YES	NO
10. Do you have an effective perimeter and post package?	YES	NO



**IF you answered "NO" to Any Question, You Need Our
Guaranteed Competitive Advantage**

Professional Training for Young Athletes!

Sessions Start February 26 in Carlsbad and San Marcos

YEAR ROUND / ONE DAY A WEEK ON SUNDAYS / GIRLS AND BOYS

Krd – 4th Grades

- Develop solid, ambidextrous footwork
- Develop efficient and effective shooting form
- Dribbling and passing techniques

5th – 8th Grades

- Build an offensive and defensive package
- Counter and complementary moves
- Basic building blocks of man-to-man defense

9th – 12th Grades

- Playing off the ball
- Consistent Shooting
- Create Your Own Shot
- Range extension

THE SCHOOL O' BALL IS AN 8-WEEK PROGRAM DESIGNED TO MAXIMIZE YOUR POTENTIAL AND TAKE YOUR GAME TO THE NEXT LEVEL IN RAPID SEQUENCE, MAKING YOU GAME-READY

**2 LOCATIONS / 2 TIMES
TO CHOOSE FROM!**

EDEN PARK
1601 SAN ELIJO RD
SAN MARCOS, CA

ARMY AND NAVY
2605 CARLSBAD BLVD
CARLSBAD, CA

TIME TBD
SUNDAYS: 4:00 PM
TO 5:30 PM

**TBD
(STAY TUNED)**

Learn from the only Coach in San Diego who has:



- Defeated Top Olympic teams including Soviet Union
- Defeated Major Div. 1 University teams (UCLA, Memphis State, Florida, etc.)
- Helped develop the U.S. Olympic Team

Private and Semi-Private Instruction Available:
Coach: 858-254-9368

For more exciting and distinctive information
VISIT OUR WEBSITE
www.Highfiveamerica.org

Rle Nichols, President and Founder of High Five America

Coach Nichols brings a unique professional background to Coach Nichols brings a unique professional background to HFA and the Coach Nichols School O' Ball. He began his career as a junior high coach in Sutherland, Oregon.

After 7 years in the high school ranks, Coach Nichols was hired as Head Coach and later +General Manager of the prestigious Athletes in Action. He developed an international reputation for excellence as his teams defeated all the top national Olympic teams in the world including Gold Medal winners Yugoslavia, the Soviet Union and China.

Nichols' Team was retained by the ABAUSA to train with the US Olympic Team as they prepared for the Olympic Games in Seoul, Korea. Prominent players on the Olympic team included David Robinson (US Naval Academy), Danny Manning (NCAA player of the Year, University of Kansas), Stacey Augmon (UNLV), and J.R. Reid (University of North Carolina).

His teams also defeated such nationally prominent basketball programs as UCLA, Florida, the University of Memphis, Oregon, and USC. While with Athletes in Action, playing against top-flight competition, Nichols' teams compiled a winning percentage of 79%.

In 1989, Nichols founded High Five America, a 501c-3 non-profit organization. In the years since its inception, High Five America club teams have competed with distinction. Well over 100 HFA players have advanced to four-year university basketball careers. Coach Nichols has also provided private training to many who became accomplished players and coaches at the high school, university and professional levels including Yao Ming, of the Houston Rockets and the Chinese Olympic Team.

In addition to Club Teams, Coach Nichols has focused his extensive teaching/coaching experience to "THE COACH NICHOLS' SCHOOL O' BALL" where aspiring basketball players of any experience level and either gender, regardless of school, club or professional team affiliation, have the opportunity to reach their God-given potential.

Coach Rle Nichols can be reached at rnichols@hi5america.org or (858) 254-9368.

A few of the players who were on Coach Nichol's teams who distinguished themselves by advancing to college, the professional ranks, and/or coaching:

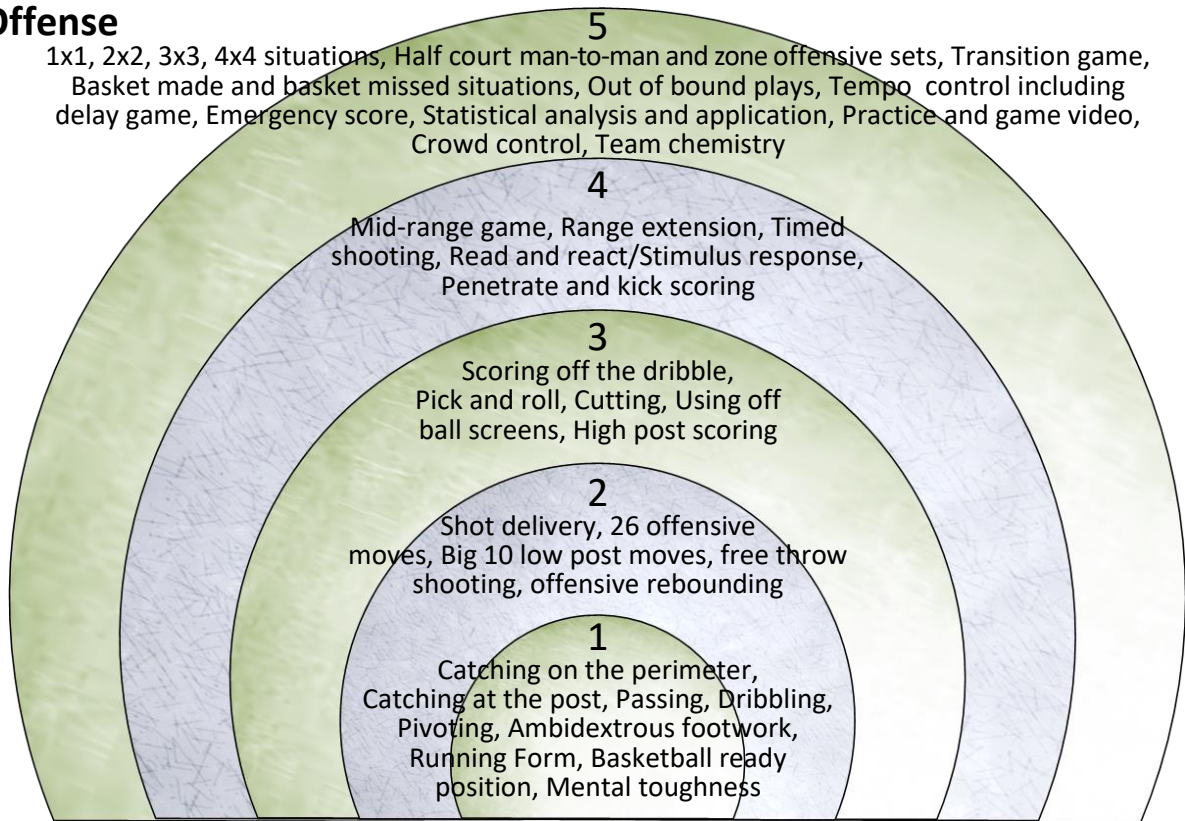
Name	College /Team	Name	College /Team
Yao Ming	Houston Rockets	Wayne Bernard	Davidson College
Luke Ridenour	University of Oregon / Seattle Supersonics	Nick Booker	Davidson College
Tracey Jackson	Notre dame / Boston Celtics	Raymond Miglinex	UC Irvine
Mark Price	Cleveland Cavaliers	Dedan Thomas	University of Nevada, Las Vegas
Lorenzo Romar ¹	Milwaukie Bucks	Kenny Owens	University of Idaho
Wayne Engelstadt	Denver Nuggets	Danny Bell	NW Louisiana State
Liu Wei	Chinese Olympic Team	Brad Austin	Arizona State
Gabe Estaba	Venezuela Olympic Team	Ronnie Johnson	Long Beach State
Kellen Winslow Jr.	University of Miami / 10 years NFL	Mulaye Niang	University of Kansas
Harry Sheehy ²	Williams College (All American)	Bennie Rhodes	University of San Francisco
Andrew Olson	Amherst (All American)	Travis Niessen	UC Santa Barbara
Matt Hancock	Colby College (All American)	Rommell Marentez	UC Davis
Mark Gottfried ³	University of Alabama	Zack Jones Jr.	UC Riverside
Doug True	UC Berkeley	Kenny Owens	University of Idaho
Teyo Johnson	Stanford	Eric Mobley	University of Portland
Troy Lewis	Purdue	John Anderson	Ohio State
Dan Frost	University of Iowa	TJ Topecer	Air force Academy
Marvin Delph	University of Arkansas	Ty Nichols ⁶	The Masters College
Reid Gettys	University of Houston	Don Dehart	Seattle Pacific University
Chen Cai	Julin, (Chinese Basketball Association)	Mike Downs ⁷	Seattle Pacific University
Rocky Costa	Lenoir-Rhyne University	Jake Wohlfeil ⁸	Campbell College
Lawson Pilgrim	Hendrix College	Scott Weakly ⁹	Capital University
Chad Nelson	San Diego State	James Profit	Harding University
Chris Walton	San Diego State	Ryan Fellows	Pt. Loma Nazarene
Niksha Federicko	San Diego State	Tommas Golia	Williams College
Vince Okotie	San Diego State	Eric Moore	Williams College
Zack Jones ⁴	San Diego State	Grayson Moyer	Humboldt State
Vince Okotie	San Diego State	Charlie Mercado ¹⁰	Baker College
Greg Nelson	University of San Diego	James Pickney	University of Puget Sound
Roy Morris ⁵	University of San Diego	Allan Anderstrom	St Cloud University
Gyno Pomare	University of San Diego	Trevor Jenson	Whittier College
Martin Smith	UC Berkeley	Zack Miller	Cal Lutheran
Eric Osmundson	University of Penn	Victor Esquer	Cal Lutheran
Tyler Bernardini	University of Penn	Brad Soucie	Christian Heritage
Andre Hardy	Cal State Fullerton	Matt Vaughn	Colorado Christian
Anthony Bolton	Cal State Fullerton	Kevin McNeela	U.S. Naval Academy

1 Head Coach University of Washington
 2 Athletic Director Dartmouth College
 3 Head Coach North Carolina State
 4 Coach at Horizon High School and SD City College
 5 Assistant Coach USD

6 Head Coach Sierra Canyon High School
 7 Head Coach Bellevue Christian School, Seattle
 8 Head Coach South Granville High School, NC
 9 Head Coach Capital University
 10 Head Coach Vista High School

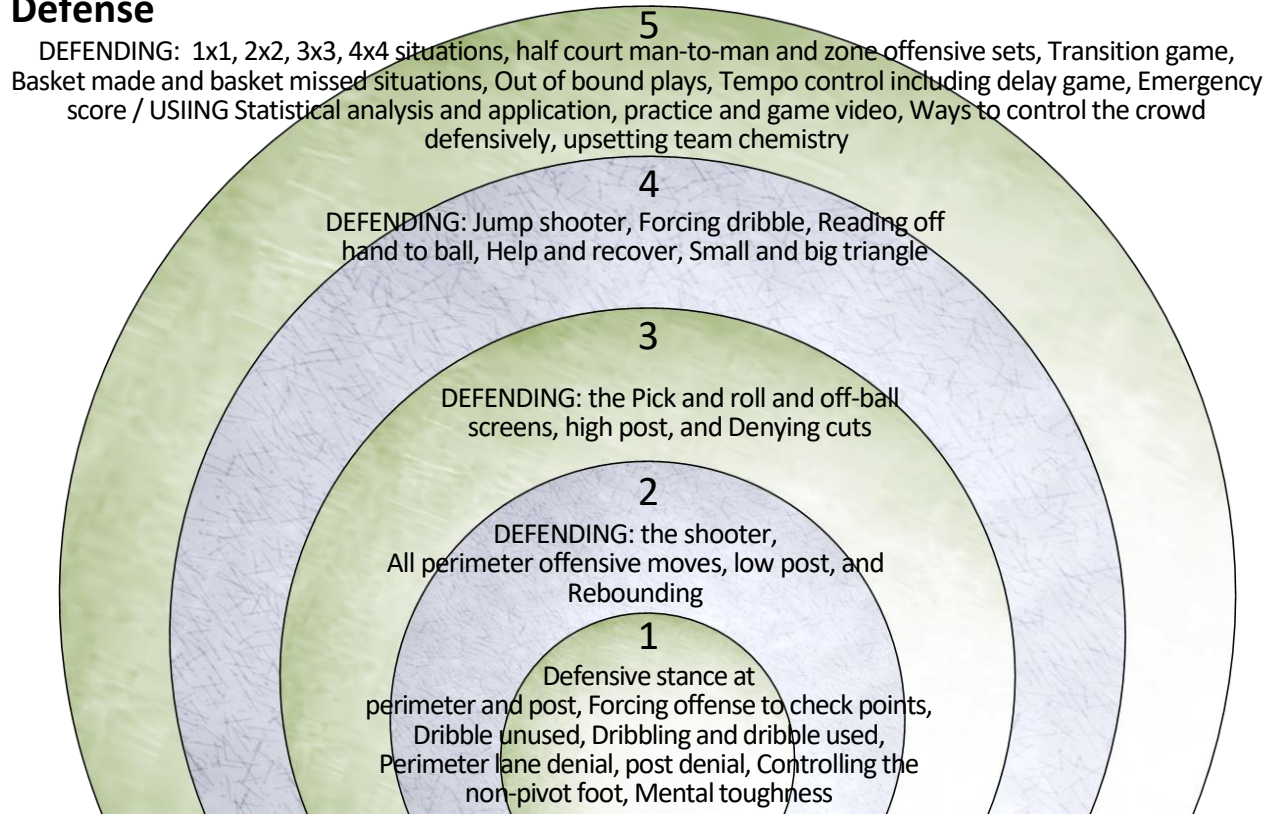
School O' Ball Core Curriculum

Offense



© 2014 (rle Nichols), all rights reserved

Defense



© 2014 (rle Nichols), all rights reserved

SUCCESS ON THE OUTER ARCS WILL NOT BE CONSISTENT UNTIL THE INNER ARC SKILLS ARE EXECUTED WITH PRECISION.

2019 Schedule for the School O' Ball

Session #3 2019	Session #4 2019
9/8/19	11/17/19
9/15/19	11/24/19
9/29/19*	12/01/19
10/6/19	12/8/19
10/13/19	12/15/19
10/20/19	1/5/20
11/3/19*	1/12/20
11/10/19	1/19/20

*10/27/19 (Closed weekend and Army & Navy Academy)