



ELITE BASKETBALL TRAINING

Improve your Game! The Ridgewood YMCA Elite Basketball Training Program is designed for athletes who currently play for a travel, club or varsity team. Our goal is to further develop the TOTAL player including all aspects of the game from ball handling and shooting to intense defensive drills. This program is not recommended for beginner players.

COACHING STAFF

Coach Pat O'Hagan

Coach O'Hagan has been involved in youth sports for over 25 years. He has a passion for sports that has been with him his whole life. Pat Played Basketball, Football and Baseball in Hawthorne NJ youth and high school programs, finishing his athletic playing career playing football at the collegiate level. Coach O'Hagan has coached Youth Basketball since 1985. He has coached very successful AAU Travel teams and has won many State titles in the New Jersey YMCA Basketball League. Coach O'Hagan and his staff have developed a very successful and competitive program for boys and girls.

Grades 5&6:

Tuesdays & Thursdays
6:00-7:00PM

Grades 7&8:

Tuesdays & Thursdays
7:00-8:00PM

High School:

Tuesdays & Thursdays
8:00-9:00PM

Contact Deyanara Gonzalez dgonzalez@ridgewoodymca.org for more information