



ATTACK THE RACK

THE #GYMRATPT BASKETBALL ACADEMY

UPDATED LOCATION LARGER GYM!

- Instruction from college experienced coaches / players
- Learn the finer details of the game (not just offense)
- Certified Personal Training (Strength & Conditioning Work)
- AAU / Recruiting advice
- One on One attention for each trainee
- SKILL DEVELOPMENT - Building the complete player

After teaching private and group lessons for over 10 years, Professional Basketball Trainer Coach Andrew Kurzawski (Former Head Basketball Coach at CCAC - Former assistant basketball coach at Penn State Beaver, Carlow University, St. Vincent College) established Gym Rat Performance Training in 2016. We have trained youth and high school athletes, athletes from NCAA D1, D2, D3, NAIA programs as well as pro and semi pro athletes. When you make an investment in us our goal is to go beyond your expectations to give you / your athlete THE BEST individual attention they have ever had. WE DONT WANT repeat customers...WE WANT lifelong members of the #GymRatPT family.

"Andrew was great with my son Peyton. After the session my son was filled with hope and excitement for future sessions. I was especially impressed that there were well thought out skills and exercises that my son did. It wasn't just "shooting hoops". I would definitely recommend him."

- Jeff Rihn - Satisfied Gym Rat PT Parent

"Coach Kurzawski and Gym Rat Performance Training are an excellent resource to the Pittsburgh area. They truly know how to develop speed, strength and agility while also effectively teaching the game of basketball. I highly recommend them to anyone looking to improve."

- Coach Andy Crane - Youngstown State University

"Coach Kurzawski and Gym Rat Performance Training took my game and physique to the next level and quickly. Coming off a serious injury my junior season I needed to put extra time in to get into game shape. Not only did they help me get back in shape but my senior season landed me Kentucky Intercollegiate Athletic Conference All-Conference and USCAA Second Team All-American Honors. I highly recommend Gym Rat Performance Training for players who want to maximize their potential."

- Lynzi Mueller - Carlow University

**KICKOFF
MARCH 29TH - 6 PM**

**CASH/CHECK
ACCEPTED AT DOOR**

1-1 - Small or Group Training available - Please inquire

Boys & Girls 3rd-12th grade - MAKE A ONCE A WEEK COMMITMENT TO GET BETTER

Drop in rate: \$30
Package Rate:
12 classes \$240



Training Location:
Pressley Ridge School
530 Marshall Ave
Pittsburgh, PA 15214



Times:
Thursday's: 630PM-730PM
(3-5 Grade) & (6-8 Grade)
Thursday's: 730-830PM
(9th-12th)

Dates:
March: 29
April: 5, 12, 19, 26
May: 3, 10, 17, 24, 31
June: 7, 14

gymratpt

REGISTER AT:

GYMRATPT.COM

**412-713-0714
andrew@gymratpt.com**

