



BELGRADE DRAGONS ACADEMY

About the academy

Belgrade Dragons is a modern basketball academy focused on the development of specialized skills for basketball players thus allowing them to achieve top results. Emphasis is given towards the training of international basketball players. Our coaches have a great deal of experience working with international basketball players and have achieved considerable success in developing not only national but international players as well. The academy consists of professionals who have attained the best results in their field, including coaches, sports nutritionists and sports physicians. Besides our professional staff who have a great deal of experience and knowledge in helping basketball players with their technical-tactical and physical skills, the academy offers the best possible conditions for training and accommodation. The players who come to the Belgrade Dragons academy will stay in modernly equipped apartments and practices will be held in sport facilities which meet all international standards for playing sports. What makes the Belgrade Dragons academy unique are the training programs created specifically to suit the needs and goals of each individual player.

Our entire team of coaches and staff at the academy are involved in creating and implementing the training programs, which makes for a carefully planned and highly professional exercise routine, as well as a specific diet in order to achieve maximum results.

Our academy has a great deal of success working with a number of companies and experts from the field of sports medicine. Our academy includes highly respected sports nutritionists, medical clinics specialized in sport medicine, as well as companies from other areas of expertise who supported our idea to share knowledge and experience in the best way possible and help the players achieve the best possible results in their basketball career.

Besides guaranteed results in improving basketball skills the academy offers international players an unforgettable experience of the sport lifestyle in Serbia, local culture and cuisine, sightseeing the city of Belgrade, as well as socializing and sharing their experience with Serbian basketball players.

About the founder of the academy

Bosko Bagaric started coaching after a successful 13 year basketball career. He gained his knowledge and experience by training alongside the famous coach Chris Chaney at Patterson School in North Carolina, where he worked on the development of young players, some of which included Hassan Whiteside (Miami Heat), DeAndre Kane (Maccabi Tel Aviv), Arsalan Kazemi (2013 NBA Draft - Washington Wizards). After returning to Serbia, Bosko continued to work on developing and coaching young basketball players. Also he attained experience in coaching Chinese players at one of the most famous academies in China, as well as personal. He also gained great experience and success in his work with Chinese players who had come to Serbia to train with him, preparing themselves for professional contracts. He possesses a degree for coaching basketball and a coaching license of the highest level in Serbia, as well as a FIBA license.

About training

The first day consists of a technical – tactical skills exam to test the physical potentials of the players, based on which we make a special program, in order to achieve the best results.

Practices will be held twice a day (court and gym) along with practice in a pool twice a week. Also, there will be practices organized with a team and matches in which the players can check on their improvement.

The practices will be composed of exercises for developing the technical elements of basketball (dribbling, passing, shooting, defense ...) as well as improving physical abilities (speed, straight, jumping, acceleration, endurance ...) according to needs of each individual.

Each particular group at practice will have up to four players.

The facilities at which the practice will be held are modern and supplied with the latest equipment and satisfy all international standards for sports and recreational activities

Equipment for practice marked by the academy is provided.

About accommodation and nutrition

Accommodation will be provided in apartments which will suited to receive up three players and each person will have his own room. The apartments are situated in an urban part of Belgrade close to local supermarkets, fast food, restaurants, shopping malls, pharmacies, hospitals... Also have all the devices needed for a comfortable stay, satellite TV, Wi-Fi internet, computer, adapters for international types of appliances as well as stove, fridge, washing machine...

The daily diet plan will be carefully prepared by our sports nutritionist and in accord to all the needs of sport players during their preparation period. Also the food will be regulated according to the needs of international players, which implies three meals a day along with plenty of fruit and snacks.

About arrangements

Arrangements are organized for a period of 30 and 15 days, according to the agreement, and regardless of the length of time, they include the following elements, which are components of the arrangement:

- Accommodation and food during the entire stay ,
- Transfer from and to the airport,
- All practices and matches will have transport provided to and from the location,
- Basic equipment for practice,
- Extracurricular activities (sightseeing the city, outings, socializing and free activities at the request of players) for which transport is also provided,
- If is necessary, it is also possible to assign a translator, at and outside of practice in order to help players who do not speak English.
- A medical examination upon arrival in Serbia, which is mandatory and arranged by the academy,
- A sports physical will also be available to the players if necessary.

The price of the arrangement, with all the mentioned elements, is:

- For 30 days - 3,000 USD \$
- For 15 days - 2,000 USD \$

Payment will be made through a checking account: 50% of the total cost must be paid no later than 15 days prior to the start of the arrangement and the other 50% at the least 2 days prior the beginning of the arrangement.

The arrangement does not include:

- Airline tickets (and all related airport taxes) for the arrival in Belgrade and the return after the expiration of the arrangement,
- Mandatory health insurance, valid on the territory of the Republic of Serbia for the entire duration of the stay, to be provided in the case of any health complications.



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