

**CRAIG MURRAY
DIRECTOR**

2003 will mark the fourth year of Murray's TOTAL PACKAGE program. Craig's knowledge of the game stems from a very successful background experience.

Craig Murray led the Garfield Bulldogs to a state championship while earning All-State and Honorable All-American honors. He then went on to play his first two years at the University of Hawaii and finished a very successful collegiate career at Idaho State University. After graduation, Craig spent eight years as the Assistant Coach at Olympic College. He was responsible for the individual development of players in the OC program.

Craig's vast experience, complimented by his ability to teach and communicate on all levels, has enabled him to create his own philosophy when teaching the game of basketball.

BARRY JANUSCH

Barry Janusch is currently the Athletic Director at Olympic College. Here, as a former head men's basketball coach, he holds the 2nd all-time winning percentage. Barry is also the former D1 basketball coach at Idaho State University, where he recruited and coached TOTAL PACKAGE director, Craig Murray. After graduating Western Oregon University, Barry played professional basketball in Australia for one year.

MEGAN BUCHMANN

Megan Buchmann is currently the Assistant Women's Basketball coach at Olympic College. As a former OC player, Megan was a two-year starter, captain and NWAAC all-league both years. She then went on to play at the University of Alaska Anchorage where she was a two-year starter there as well.

RICK WALKER

Rick Walker is currently the boys varsity basketball coach at Kings West. Rick was selected high-school All American and small college All-American at the University of Puget Sound. In 1976, he helped lead the university to its first 2 NCAA Division II National Championships and is the schools all-time leading scorer.

**WHAT ARE OTHERS SAYING
ABOUT TOTAL PACKAGE?**

Craig's knowledge, experience and leadership skills give players the opportunity to take their game to the next level. I recommend anyone wanting to improve their basketball skills and knowledge of the game to contact Murray's TOTAL PACKAGE.

ROY WILLIAMS
Head Basketball Coach
University of North Carolina

Craig Murray does a great job of teaching the finer elements of the game through his TOTAL PACKAGE program. I recommend him to any young players trying to reach the next level.

QUIN SNYDER
Head Basketball Coach
University of Missouri

Craig Murray has worked with our son, Evan for the past year and a half and he has revolutionized his game. We have seen first hand that Craig has a special ability to see what a player needs to enhance their basketball game and teach the player needed skills. We highly recommend him for players of any skill level.

Kim and Marilyn Atwater
Parent



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**“YOU'RE ONLY AS GOOD AS YOUR LAST
PERFORMANCE”**

CRAIG MURRAY
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WHAT IS TOTAL PACKAGE?

TOTAL PACKAGE is a program designed to help young players develop the skills necessary to reach their full potential as basketball players. Sessions offer individual and personal training while in a small group setting. These small groups motivate and challenge the athletes to accomplish their goals and the goals of **TOTAL PACKAGE** of improving their skill level.

TOTAL PACKAGE is dedicated to training the committed athlete so that they are achieving their highest level of skill possible. This takes great discipline and consistency from the athlete.



TOTAL PACKAGE PROGRAM:



BALL HANDLING

- hand-eye coordination
- controlled dribbling
- open-court dribbling



SHOOTING

- form shooting
- shot preparation
- game-like shots
- shooting off the dribble



OFFENSIVE MOVES

- one-on-one moves
- creating a shot
- movement w/out ball
- reading a screen
- "L" cuts, "V" cuts



DEFENSE

- stance and footwork
- off-ball help and recovery
- on and off ball defense
- intensity drills

Also includes: Stretching and proper warm-up, full court drills, post moves, free throw shooting, basic fundamentals, goal setting, mental preparation, and conditioning.

Team workouts and clinics are also available.

Please call for details.



