

PLAYER HIGHLIGHT



Kevon Looney

Kevon Looney is one of the most accomplished athletes of the Running Rebels' basketball program. He was named Wisconsin's Mr. Basketball by the Wisconsin Basketball Coaches Association and the Associated Press named him their state player of the year.

As a highly touted college prospect, Looney decided to attend the University of California, Los Angeles (UCLA). After a successful freshman year at UCLA, Kevon entered the NBA draft. He was selected in the final pick of the first round by the Golden State Warriors.

Looney continues to be a role model at the Running Rebels Organization, often visiting to mentor youth.

REBELS ALUMNI

Tyson Kingsby - University of Whitewater
Draelon Burns - DePaul University
Kyle Weaver - Washington State
Carl Sims - Western Illinois
Kevon Looney - UCLA
David Burrell - Southwest Tennessee
David Crewe - University of Wisconsin
Lacrosse
Charles Lee - Cleveland State
Eligin Cook - University of Oregon
Darnel Harris - Middle Tennessee State
Deion James - University of Wisconsin
Milwaukee
Torre Johnson - Oklahoma State University
Maurice Boo Wade - Central State
University
Shawn Lee - University of Stevens Point
Larry House - Creighton University
Lou Champman - University of Wisconsin
Whitewater
Brandon Joseph - Central State

CONTACT US

Running Rebels Community Organization
225 West Capitol Drive Milwaukee WI.
53212
Office: 414.316.5222
Fax: 414.808.0366

RUNNING REBELS ATHLETICS PROGRAM



PROGRAM DESCRIPTION



Since 1980, Running Rebels Community Organization's Athletics Programs have been dedicated to developing Milwaukee's youth mentally, physically and spiritually by offering programs that focus on education, sports, and recreational activities.

Running Rebels provides innovative programming to appeal to a broader cross-section of young athletes. Our programs include high-caliber club basketball teams, youth camps, city wide basketball leagues, and personal training.

STRATEGIES

- **High dosage and intensity** — Our trainers and coaches use high-intensity interval trainings which are repeated sessions of brief, intermittent exercise and sport specific workouts, performed at high intensity levels to elicit peak oxygen uptake.
- **Appropriately timed** — During the off season, we workout five days per week. Three days are focused on strength training, with two days focused on cardio and sports specific training. During the season, we perform the opposite regime. We are also able tailor programming to the athletes goals and needs.
- **Developmentally appropriate** — Our programs are age and developmentally appropriate for the target audience of children, teens, and adults.
- **Implementation by well-trained, effective staff** — The effectiveness of our program is tied to our staff's personal characteristics such as efficacy and confidence, and their level of training, either by education or experience.

MENU OF SERVICE

Strength Training

Developed to build maximum strength through the use of resistance workouts to build endurance and prevent injury.

Personal Training

Specializing in helping the athlete reach their full potential through focused one on one instruction.

Training Camps Basketball

Camps for 3rd - 12th graders. Scheduled at various times throughout the year.

Shooting Specific Workouts

Put up hundreds of shots to improve form, accuracy, and shooting percentage with the Gunn Shooting Machine.

Vertimax Workouts

Training with Vertimax is perfect for athletes interested in strength, speed, and resistance training while increasing their vertical.

**CALL 414.316.5222
FOR DETAILS AND PRICING**