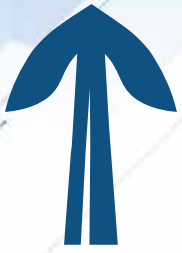




BASKETBALL
I N S T I T U T E

Lake Mary - Florida



The ONE WAY is... UP!

One Way Basketball Institute - Post-Graduate Program - Lake Mary, Florida

There is only one direction that matters. One path worth walking. One way to honor the talent you've been given — and that's to develop it fully, compete with everything you have, and become something greater than you were yesterday.

That's what One Way Basketball Institute is about. Not hype. Not shortcuts. Just the quiet, daily work of getting better - on the court, in the mind, and in the soul.

The **ONE WAY** is... UP!



The Bridge Between Where You Are and Where You're Meant to Be

In the NIL era, the post-graduate year can be one of the most important seasons in a young player's life. It's a chance to close gaps, sharpen your game, grow into your body, and get in front of the college coaches and programs that are the right fit for you.

One Way Basketball in Lake Mary, Florida was built specifically for this season. Designed for recent high school graduates, our program offers a structured, serious, and supportive environment where players can develop at a college level, compete on a national schedule, and maximize their scholarship opportunities.

We're not here to make promises. We're here to do the work.

Led by a Coach Who Believes in Doing Things the Right Way

One Way Basketball Academy was founded by Coach Paul Mrozik, whose coaching career has taken him from NCAA Division I programs to professional basketball in Europe to some of the most competitive prep programs in the country.

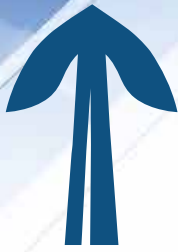
Most notably, Coach Mrozik built the Mountain Mission School basketball program from the ground up — from nothing to nationally ranked. He did it the same way he does everything: through proper fundamentals, discipline, genuine care for his players, and an unshakeable belief that character is the foundation of everything else.

Coach Mrozik's unique approach empowers his players to reach for and achieve the extraordinary.

"Coaching to me is getting the most out of your players. Every player is different and has distinct God given talents and characteristics.

We must coach our players to the level of their potential, not to the level of where they currently are. Many coaches put players in the box by limiting what they can do on the court. I believe players need to be provided with guidelines instead of limitations and be challenged, but also encouraged and allowed to risk and grow through the process. This is the best way to improve."

Coach Paul Mrozik



Coach Mrozik's

Top Recruits:



✓ **Oscar Tshiebwe - NBA, Utah Jazz**

Named NCAA National Player of the Year at the University of Kentucky. A dominant force in college basketball who went on to compete in the NBA with the Utah Jazz.

✓ **Jonathan Kuminga - NBA, Atlanta Hawks**

An NBA lottery pick now competing with the Atlanta Hawks. A player whose development trajectory is a testament to what happens when talent meets the right environment.

✓ **Florent Thamba - NCAA National Champion, Baylor University**

A key contributor to Baylor's NCAA National Championship team. A winner at the highest level of college basketball.

These names are the ones that made the headlines. But the full list - the players who earned Division I scholarships, competed professionally, and built meaningful lives through the game - is much longer. And it keeps growing.

See the full list



Back to Basics. Forward to Greatness.

Here's what we believe: fundamentals never go out of style. Footwork. Finishing. Positioning. IQ. The boring stuff that the great ones never stop working on. The stuff that holds up when the pressure is highest and the margin for error is thinnest.

One Way is built on a foundation of fundamentals - technical mastery layered with college-level competition, individual attention, and a system that develops the complete player. Not just the highlight reel. The whole game.

What the Program Looks Like

College-Level Practices, Every Day

Practices are structured, demanding, and purposeful - mirroring the intensity and accountability of a college program from day one.

Personalized Individual & Team Workouts

Every player gets individual attention. Coaches work with each athlete to identify the specific areas where focused reps will produce the most growth.

Strength, Conditioning & Recovery

Advanced strength and conditioning protocols, plus holistic physical and mental recovery strategies that teach players to manage their bodies the way elite athletes do.

Film Study & Video Analysis

Game and practice film is reviewed regularly. Understanding what you see on film sharpens your instincts on the court and gives you the kind of basketball IQ that coaches at the next level are looking for.

30+ Games. National Schedule. Real Competition.

The team competes in 30+ games against national competition - including college and junior college programs. The schedule is designed to push players, build toughness, and create genuine exposure in front of the coaches and programs that matter.





The ONE WAY is... UP! - In Every Part of Your Life

We believe that basketball - played and practiced the right way - is one of the finest teachers in the world. It teaches you how to fail and get back up. How to serve your teammates. How to do your job when no one is watching. How to compete with everything you have and then shake the other guy's hand.

At One Way, we take that seriously. We believe every player who walks through our doors has been given a gift - and that gifts carry responsibility. We encourage our players to honor that gift with humility, to develop it with discipline, and to use it with purpose.

We are a faith-informed program. We believe that the same principles that make a great basketball player - selflessness, integrity, perseverance, gratitude, service to others - are the principles that make a great person. We want to develop both.

Complete set of program values can be found here
www.onewayinstitute.com/ourvalues

The ONE WAY is... UP! On the court and off it.



A Serious Facility for Serious Work

One Way is housed in the newly renovated facilities at Seminole State College in Lake Mary, Florida - a top-tier collegiate setting that gives players everything they need to prepare and compete at the next level.

Lake Mary sits at the center of one of Florida's most active basketball communities. The competition is close. The coaches are watching. And the environment reminds you every day what you're working toward.



By the Numbers

- 50+** Players competing at pro level throughout the world (NBA, Europe, & more)
- 30+** Games on the national schedule each season
- 13** Countries represented
- 4** Continents represented
- 1** NCAA National Player of the Year developed
- 1** NCAA National Championship won



Come Ready to Work.

Spots in the One Way post-graduate program are limited. We're looking for players who are coachable, committed, and hungry to grow - on the court and as people.

If that's you, we'd love to hear from you.

Send us and email at onewayinstitute2026@gmail.com



The **ONE WAY** is... UP!

BASKETBALL
INSTITUTE

PRACTICE / GAME FACILITIES



SPORTS RECOVERY & INJURY PREVENTION



HOUSING ACCOMODATIONS





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