

FLIP MURRAY

BASKETBALL COACH / ATHLETIC TRAINER / MOTIVATIONAL SPEAKER

NBA Retired Vet / NABC Division II Player of the Year

An inspiration to his peers and many who have followed after him, **Ronald "Flip" Murray** is Philadelphia's own basketball legend. Growing up in the tough streets of North Philadelphia, Murray began wowing his teammates and spectators with his basketball skills at Strawberry Mansion High. After going through community college, Murray went on to play with **Shaw University**, North Carolina. In his senior year, he was awarded the **NABC Division II Player of the Year (2002)**, and was 46th pick in the subsequent NBA draft, going on to have a successful 8-year career, playing with the **Seattle Sonics, Cleveland Cavaliers, Detroit Pistons, Indiana Pacers, Atlanta Hawks, Charlotte Bobcats**, and the **Chicago Bulls**. He was also the **NBA D-League champion in 2012**.



History

2014-01 -
Current

Coach / Motivational Speaker

Murray Enterprises, Philadelphia, PA (PA/NJ/DE)

- Facilitated "Change of Pace/ Change of Direction Clinic" at The Road Prep Academy, Sept 2022.
 - Taught prospective college players the tips and tricks to his own renowned "Cheat Code" including Change of Pace, Change of Direction, Counter Moves, his famous Cross Over, In & Out, and Hesitation moves,
- Coach and Motivational Speaker for various schools and camps in PA/NJ/DE - 2014-2022
 - Mentored and coached attendees
 - Led Basketball Drills
 - Taught drills, skills, and plays

2016-01 -
2021-01

Presidential Board Member

Stark International Inc., Harrisburg, PA

- Represented Stark Energy Drinks as public face of brand
- Secured multiple partnerships sponsoring local sports leagues and charities
- Promoted athletic performance, healthy lifestyle, exercise and nutrition in alignment with brand



Contact

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Coaching Skills

Group Training



Excellent

Personal Training



Excellent

Strength & Conditioning



Excellent

Skills & Drills



Excellent

Open Runs



Excellent