

Pre Season Basketball Training Camp 2019

MIDDLE SCHOOL, HIGH SCHOOL PLAYERS, BOYS & GIRLS

**DATES: - FRI. SEPT. 13TH, FRI. SEPT. 20TH,
FRI. SEPT. 27TH, FRI. OCT. 4TH**

**PRO BASKETBALL/PERSONAL TRAINER - BRUCE BISHOP
BASKETBALL SKILLS TRAINER - CHRIS PALMER**

**PREPARING PLAYERS FOR IN SEASON
PERFORMANCE WITH:**

- BODY ASSESSMENT**
- STRENGTH AND CONDITIONING**
- INTENSE GAME SPEED SKILLS AND DRILLS**
- SCRIMMAGES**
- INJURY PREVENTION**

FEE: \$90 PER PLAYER FOR ALL DATES

DROP IN FEE: \$45 PER DAY

TIME: 6:30PM - 9PM

**Location - Lucky Schoals Park
Community Recreation Center
4651 Britt Rd , Norcross**

Bruce Bishop 917-224-5987
Register now at www.fitoneball.com