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# **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**

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**Bruce Bishop 917-224-5987  
Register now at [www.fitoneball.com](http://www.fitoneball.com)**

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