

Strength and Conditioning Camp Series: Basketball



Innovative Training Solutions

WHAT: Camp will focus on the needs every basketball athlete needs to focus on to improve their athletic performance. Depending on age will depend on exact type of training program. Athletes will be introduced to:

- proper lifting techniques (including how to push, pull, hinge and carry)
- agility to improve on foot speed and cutting technique
- improve on foot/ankle mobility
- core training techniques
- proper jump training techniques
- nutrition and hydration education (why water is important, how to properly fuel your body)
- at the end of the camp every athlete will receive a maintenance program to help them stay healthy during the season

COST: \$90 per camp per athlete

WHEN: Camp dates are:

- June 25, 2018 - June 29, 2018 from 10-12pm; Monday, Wednesday, Friday
- August 13, 2018 - August 17, 2018 from 12:30 - 2:30pm; Monday, Wednesday, Friday

WHERE: 13757 Eureka Road; Southgate, 48195

WHO: Open to all females ages 12-17 years of age

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REGISTRATION IS REQUIRED!!