

# yWBallers presents

## Basketball Boot Camp

This is the ultimate basketball training for young avid basketball players.

Children grades 4th - 11th that want to elevate his/her game and fitness ability will love this challenging clinic. This clinic is an intense 6 weeks of blood, sweat and tears. We will guarantee results physically and mentally. This clinic will assist with speed, agility, conditioning, ball handling, and game situations.

On the last day of class the children will engage in a basketball game to show their new skills and abilities.

This clinic will be held on (six) Saturdays, from 8:30am - 10:30am.

### Highlights

- \* Speed & agility
- \* Foot work
- \* Coordination
- \* Endurance
- \* Stamina
- \* Vertical jump
- \* Fitness challenges

