



## Summer Basketball Training 2021

All day camps are outdated; players do not need to be in a gym all day as part of a glorified babysitting service. Players need focused training at a high level of skill and intensity where they can push themselves and each other to get the most work in over the shortest period of time.

### Interstate Individual Improvement Program

Rather than be forced to commit to specific dates and times all at once, athletes sign up for a training package and then train when it best fits their schedule from the available times.

Athletes register for their desired package at [www.phdbb.com](http://www.phdbb.com) in the Player Training Section. Payment is made directly to your coach. Only if you are being trained by Tony Lindsey or if you do not have an assigned coach yet can you pay online.

Sessions consist of 5-8 players. If a session time has less than 5 players the coach may, at their discretion, count the workout as a double session.

#### MVP

#### PACKAGE

50 sessions

For \$400

#### ALL-STAR

#### PACKAGE

25 sessions

For \$250

#### STARTING 5

#### PACKAGE

10 sessions

For \$125

#### ROOKIE

#### PACKAGE

5 sessions

For \$75

#### SESSION DATES

Mondays-Fridays

June 21 – August 27

#### SESSION TIMES

8:00am, 9:00am

10:00am, 11:00am

12:00pm, 1:00pm

2:00pm, 3:00pm

#### FOR MORE INFORMATION

[www.phdbb.com](http://www.phdbb.com)

[tlindsey@phdbb.com](mailto:tlindsey@phdbb.com)

607-222-8462

ALL Sessions held at  
Interstate Athletics

2220 Vestal Rd.

Vestal, NY 13850