

Summit Youth 3-6 Basketball Conditioning Sessions

We are excited to offer a pre-season opportunity to prepare for basketball season! Coors Core Fitness will be training our basketball players for 3 nights. Lisa and Jen were the professional trainers who worked with our Youth 3-6 Football Teams this summer and they are back!

By participating in this program, players will attain skills and techniques to:

- Prevent injury
- Learn the discipline needed to compete in athletics
- Learn proper form and technique
- Increase speed and agility
- Increase core and overall stability/balance
- Gain strength through simple body weight exercise

When:

Monday, October 26 through Wednesday, October 28, 2009

Girls sessions are 5:00-6:30 pm

Boys sessions are 6:30-8:00 pm

It is best to attend all 3 sessions (the program is progressive), but it is okay to sign up for only 1 or 2 sessions

Where:

Summit Lower School Gym

Cost:

Pre-register for the best price by **Friday, October 16th:**

3 sessions = \$24.00

2 sessions = \$20.00

1 session = \$10.00

After October 16th, each session is \$15.00

What you need:

Wear comfortable shorts and tshirts with gym shoes

Bring plenty of water

Questions?? Contact Sam Crew 513-518-5665 or Michelle Nagle 513-482-9002