TO ACHIEVE YOUR BEST
TRAIN WITH THE BEST

This Unique Camp Is Designed
To Help Elite Teen Athletes

Rise to the Next Level
For Athletes 11 – 14 and 15–17 YEARS OF AGE

Training will include:
Strength/Conditioning and Speed Development
Offensive and Defensive Skills
Footwork and Agility Development

2-WEEK SESSIONS
* June 17th – June 27th
* July 8th – July 18th

MONDAY–THURSDAY
10:30AM – 1:00PM
or
1:15PM – 3:45PM

ARARAT’S
North Campus

Skills Training:
Explosiveness
Ball Handling
Attack Moves
Vertical Jump
Quickness
Shooting

$120 MON-THURS
Per 2 Week Session

For More Info or to
Register Contact
Jesika at
(818) 415-1712

Conditioning:
Core Strength
Plyometrics
Endurance
Flexibility
Strength
Speed
Agility