

Fall Basketball Boot Camp Speed/Agility/Jump Training Tactics with Rhymer Fitness

Session # 1 September 29th, October 6th, October 13th

Session #2 October 27th, November 3rd, November 10th

Take your tryouts and/or season preparation to the next level with basketball specific speed/agility and jump training tactics. This 3 session clinic is designed to heighten your basketball senses by incorporating many of our top secret and cutting edge performance tools and strategies! Each session is packed full of ready to use knowledge and skills to elevate you ahead of your competition and prepare you for this upcoming season and/or tryouts. This clinic is specifically designed to work with the Fall Basketball Boot Camp to help you run faster, jump higher and become more agile.

Time: 6:00pm

Ages: 12-16

Cost: \$30 (If participating in Fall Basketball Boot Camp)

\$50 (If NOT participating in the Fall Basketball Boot Camp)

Contact Bobby Robinson at bobby@rhymerfitness.com or 980-297-2329 to sign up today!