



HS SUMMER ELITE BASKETBALL TRAINING

MON. JUNE 10TH – SUN. AUGUST 11TH (OFF JULY 4TH WEEK)

(SEE DETAILS ON BACK)

REGISTER @ [ATLETSports.COM/CAMPS](https://atletsports.com/camps)



SPEED TRAINING



PLYOMETRIC TRAINING



ATLET *H.S. BASKETBALL*

TRAINING PROGRAM

TRAINING SCHEDULE:

MON (6:30am – 7:30am) – Single Leg Stability / Plyometrics

WED (6:30am – 7:30am) – Speed & Lateral Agility Training

"Atlet Trained" Performance T-Shirt

\$100 ADDITIONAL PRICING

Full Recovery Therapy Access

Proven 4 Sport NSF Certified Recovery Drink Supplements

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$295 / ATHLETE (\$147.50 x 2MO CREDIT CARD)

REGISTRATION

ATLETSports.COM/CAMPS