



SilverLining
SPORTS ACADEMY

Silver Lining Sports Academy Next Level Basketball Camp

Basketball Performance Training and Skill Development

The camp will be two hours each day consisting of 1 hour of performance training and 1 hour of skill development.

June 5-9, 2017
Cost: \$200



There is a limit of 10 players per session.

Performance Training with Vertimax

- Higher Vertical Jump
- Explosive Lateral Movement
- Full-Body Plyometric Training

Skill Development Drills

- Ball-handling
- Post Moves
- Guard Finishes
- Footwork
- Shooting



Session Times:

8am-10am
10:15 -12:15
1pm-3pm
3pm-5pm



REGISTER ONLINE AT www.slsacademy.com
Questions? Call (404) 384-4579