

ELITE BASKETBALL STRENGTH & CONDITIONING CAMP

THE MOST COMPREHENSIVE TRAINING PROGRAM DEVELOPED TO OPTIMIZE YOUR ON-COURT PERFORMANCE!

ARE YOU READY!

The Elite Basketball Strength & Conditioning Camp is the most complete program you will ever participate in for total basketball skill achievement. This program is designed to improve all aspects of what is needed to be at your most optimal levels on the court. E.B.S.C. will help any aspiring basketball player strengthen their body, develop court speed & quickness, and increase vertical leaping abilities.

Why is this program different?

E.B.S.C. was developed by the minds of former collegiate basketball players that truly understand what it takes to become game ready. This 8 week program is designed to produce maximum work capacity in the weight room, plyometric training, and on-court speed/quickness. These are extremely important attributes when it comes to being a successful basketball player. It can be what separates a player from being a starter & being cut from a roster! E.B.S.C. is also a client-specific program. That means that each player that participates in this program will have their workout individualized. This is not a generalized program. Every player is not off an assembly line, they are at different levels of performance. So whether you are a top performing player on your Varsity team or you are a player that is passionate and is working as hard as you can to make a team, the program will be designed to advance you from your current level.

How do you register?

The Elite Basketball Strength & Conditioning Camp will begin Tuesday, September 7th. Contact information is provided in the opposite column. You can also stop into the Eagle Idaho Athletic Club and speak with Doug Hall about registration. Now is the time to step up your performance & basketball ability! Limited spots are available due to Doug's preference of being able to give every player as much individual attention as possible.

TRAINER

DOUG HALL

B.S. KINESIOLOGY

APEX: CFP

BODYBUGG PRACTITIONER

IKFF: CKT 1

NASM: CPT, CES, PES

NSCA: CSCS

CONTACT INFO:

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BECOME BETTER NOW!