



Revolutionize Your Game..... Summer / XrossOver Basketball Training Academy

XrossOver is offering the best comprehensive basketball skills and performance camp to the first 50 boy and girl athletes. XrossOver has teamed with **Coach John Howie at Westbury High School** to bring you the most fundamental skills based basketball camp available. With the use of The **XrossOver Basketball Training Vest** our mission is to significantly enhance the performance skills of young athletes and provide a positive and motivational training atmosphere in which to excel. Each session will be packed with fundamental basketball drill training at three levels, beginning, intermediate, and advanced in the areas of dribbling, shooting, and ambidexterity development. Our performance team will provide an explosive endurance program, agility and multi-directional movement skills, speed development and an injury prevention program. Through our unique training program, combining skill and performance training, we will promote rapid athletic development and create a well rounded, healthy and more productive athlete ages 7-17.



XrossOver Basketball Academy Camp Goals.....

- ❖ Dribbling mechanics
- ❖ Shooting drills
- ❖ Ambidexterity drills
- ❖ Offensive skills
- ❖ Increased Vertical Jump
- ❖ Increased speed & Agility
- ❖ Increased first step quickness
- ❖ Enhanced Basketball conditioning

XrossOver Basketball Camp Summary

Begins: June 7, 2010
Ends: June 24, 2010
Days: Monday-Thursday
Time: 9:00-3:00 pm
Venue: Westbury High School 11911 Chimney Rock, Houston 77035
Cost: \$450 w/vest included and \$350 if you bring your own vest.
More Info: www.xrossover.net
LUNCH PROVIDED DAILY

PAYMENT OPTIONS:

**#1: PAY IN FULL BY MAY 14
RECEIVE \$25 OFF.**

**#2: PAY IN FULL ON FIRST DAY
OF CAMP.**

#3: PAY \$140 WK AS YOU GO

**#4-REFER A FRIEND GET \$25
DISCOUNT**

Contact XrossOver Basketball Academy at 281-865-9348 or Register online
@ <http://www.formstack.com/forms/?590808-3uqdwmyvgZ>