



***Revolutionize Your Game.....***

## ***Summer / XrossOver Basketball Training Academy***

XrossOver **Basketball** is proud to offer the best comprehensive summer basketball skills and performance camp **to the first 50-basketball boy and girl student-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 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 basketball student-athlete ages 5-17.



### **XrossOver Basketball Camp Summary**

Begins: June 8, 2009

Ends: June 25, 2009

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](http://www.xrossover.net)

LUNCH PROVIDED DAILY

### **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

### **TWO EASY PAYMENT PLANS:**

**PLAN A: PAY IN FULL BY MAY 1 10% OFF**

**PLAN B: ½ by MAY 1 & BALANCE JUNE 8**

**(FIRST DAY OF CAMP)**

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