



PushintheLimit Basketball Spring Clinic

Clinic Information

Registration: \$315

Early Registration (Deadline Apr 16): \$295 for 10 sessions, less than \$15/hour One day per week pricing available upon request

Who: Top High School Level Boys Basketball Players

What: 5 week clinic, 2-hour sessions (10 session total)

When: Every Tues/Thurs Apr. 23 to May 23

Where: Sterling High School

Every 2-hour session includes: Plyometric Training. Most widely known as "jump training," plyometrics is a set of various explosion drills or exercises utilized to enhance ones speed, quickness, jumping, and the ability to change direction. Plyometrics is one of the best techniques for any basketball player to improve overall athleticism.

Skills and Drills. Extensive shooting and dribbling drills designed to get each player the reps he needs. **Controlled**

Scrimmages. One full hour of controlled play where the areas top players get to test their skills against each other.

Call Us Today! 856-261-2901

info@pushintheLimit.com

www.pushintheLimit.com



P U S H I N T H E L I M I T
B A S K E T B A L L

Can't Make It? "PTL" offers group and individual training year around (weight training, plyometrics, and basketball) 856-261-2901

Name _____ Address _____ City _____ State _____ Zip _____

Phone _____ Emergency # _____ Parent Name _____ Birthday _____

Email _____ School _____ Age _____ How did you hear about us? _____

On behalf of my child and myself, I release and hold harmless Bill Burr, PushintheLimit, Inc., and their respective representatives or employees of and from any and all liability to me or my child as a result of my child attending *Pushin the Limit, Inc.*

Parent Signature _____ Date _____

Sorry, No Refunds
Please make checks payable to: Pushin the Limit, Inc.
PO Box 2004 Haddonfield, NJ 08033
856.261.2901