



Spring Clinic

PUSHINTHELIMIT.COM

Who: Top local Girls and Boys JV & Varsity Players

What: 5-week clinic, 2X a week “Toughest clinic in S.J.”

Girls: Every Mon. & Wed 5:30-7:00 Apr 18 to May 18 (CHECK-IN 5:25, Mon, Apr 18)

Where: Magnolia Rec Center

Boys: Every Tues & Thurs 7:30-9:30 Apr 19 to May 19 (CHECK-IN 7:00, Tues, Apr 19)

Where: Sterling High School

Regular Registration: Boys \$325, Girls \$265

Early Registration(Deadline April 14): Take a \$15 discount

One day per week pricing available upon request

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.

(THIS CLINIC HAS LIMITED AVAILABILITY, SO REGISTER BEFORE ITS TOO LATE!)

Pushin the Limit, Inc is offering a special camp for top notch **Junior Varsity and Varsity players only!** This is an exclusive 5 week pre-season training clinic with the purpose in mind to bring South Jersey’s top athletes (Ryan Thompson, Brian Zoubek, Andrew Bynum, Brian Connelly, Billy Kurtz, Dominic Mejia, Paul Gause, Wil Bakanowski, Pat Bently, Mario Lancioni, James Ulrich, Sabra Wrice, Sarah Zoubek, Lisa Steele, Rasheeda Juniat and many more...) together to train under the **direction of Bill Burr, former All South jersey player and professional athlete and trainer of several NBA & Overseas Players.**

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 _____ Height _____ Weight _____ Year: Fr. So. Jr. Sr.

Age _____ Level of Play: JV V PPG _____ RPG _____ APG _____ Shirt size _____ 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