

Antelope GIRLS Basketball Boot Camp

Grades: 5th graders – 10th graders

Where: Maumee Valley Country Day School

1715 S. Reynolds Rd.

Toledo, Ohio 43614

When: 5:30 to 7 PM Tuesday's and Sunday's Noon to 130

Starting Tuesday, September 11, 16, 18, 23, 25, & 30

October 2, 7, 9, 14, 16 & Ends Sunday 21

Objective: To get girls in grades 5 – 10 ready mentally and physically ready for their upcoming tryouts and season

Concentration: Flexibility, Footwork Explosion, 1 ball and 2 ball handling, Shooting, Full Court Drills, Conditioning

Cost: \$170 for 18 hours of intense and positive basketball experience

Contact: Shane Komives @ 419-973-8763

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www.antelopeelite.com