



## 2019 SUMMER CLASS SCHEDULE

### Kris Snyder's High School & Adult Conditioning Class

This class is for advanced athletes looking to improve their conditioning, increase strength and improve their explosion.

Tuesday's & Thursday's 7pm-8pm      June 25 – August 1 (off July 4)      Cost \$100.00

Register with Kris Snyder at boom\_sny@yahoo.com

### Brent Johnson's Intro to Lifting

This class is for young athletes (rising 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> graders) looking to learn the fundamentals and safety of weight training.

Friday's 9:30 am – 10:30 am      June 14 – July 19      Cost \$75.00

Register with Brent at bexleybuckeye3330@gmail.com

### Brent Johnson's Football Skills Training

Former Ohio State Linebacker, Brent Johnson, will be holding football skills sessions for rising 7<sup>th</sup>-12<sup>th</sup> graders.

Tuesday's 6pm-7pm      July 2 – July 23      Cost \$50.00

Register with Brent at bexleybuckeye3330@gmail.com

### Lily Berger's Youth Girls LAX Camp

Attacker at D1 Cal Berkeley, Lily Berger, will focus on stick skills, field positioning, foot work and game play.

June 18-20<sup>th</sup>      9am-11am (5<sup>th</sup> & 6<sup>th</sup> grade girls)      11:30am – 1:30 pm (7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> grade girls)      Cost \$75.00

July 16-18<sup>th</sup>      9am-11am (5<sup>th</sup> & 6<sup>th</sup> grade girls)      11:30am – 1:30 pm (7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> grade girls)      Cost \$75.00

Register with Pat Noles at pnoles54@gmail.com

### High School Basketball Boot Camp with Sam Nolan

Former All-State basketball player, Sam Nolan, will run high intensity basketball workouts focusing on basketball skills and overall basketball specific conditioning to help improve your game.

Tuesday's & Thursday's 9:30 am – 10:20 am      July 2 – July 18 (off July 4)      Cost \$45.00

Register with Pat Noles at pnoles54@gmail.com

### Sam Nolan's Youth Basketball Camp

Sam Nolan, former All-State basketball player and current special education teacher at Marion Franklin HS, will focus on inspiring self-generated work ethic, facilitate goal-oriented ownership of growth, and teach transferable leadership skills through basketball and fitness.

June 24-26: 9:30am-11:30am      Rising 5<sup>th</sup> & 6<sup>th</sup> graders      Cost \$70.00

Register with Pat Noles at pnoles54@gmail.com

### Coach Servick's Volleyball Clinics at 3N Sports

Sessions will be led by A2 Club Director Coach Servick. Young players will be introduced to high level technique around enthusiastic team culture perfect for players new to the game. Middle School players will advance their skills to prepare themselves from novice level middle school skills through next level coaching and through positive team culture.

Tuesday's - June 4, 11, 18 & July 9, 16, 23      6-7:30pm      Beginner Skills Clinic – Primarily 6<sup>th</sup> grade & under

Thursday's-June 6, 13, 20 & July 11, 18, 25      6-7:30 pm      Advanced Skills Clinic – Primarily 7<sup>th</sup>-8<sup>th</sup> graders

Cost \$20 per session      Register at: advancementacademy.org