



Basketball Performance Training Sessions

Specializing in
Speed, Power & Agility
Returning Back to ICLI

When: **Starting March 4th (5 sessions only, Sundays – March 4, 11, 18, 25 and April 1st 2018)**

Time: **1:30 – 2:45 P.M.**

Where: ICLI Athletic and Events Center

Cost: \$200 per player for all 5 sessions
or \$45 per player/per session payable to ICLI

Age Groups: **Boys only (Grades 5-10)**

Registration: **Registration NOW OPEN.** There are a limited number of openings available.
The registration will close once the cap is reached.



**Parents: Please complete the attached registration and waiver form.
Please return the forms to ICLI or email the forms to
info@icliny.org no later than March 2nd, 2018.**

Training Course Details:

Administered by Coach Hendrick Fernandez of New Era Sports Performance.
Coach Hendrick has been an Exercise Physiologist for over 17 years and has over 20 years of coaching experience (Basketball Camps, College Basketball and Middle/High School Basketball Teams)

The training program is specifically designed to help student-athletes improve their Basketball performance

Through

***Acceleration *Agility *Reduce Risk of Injury *Building Core Stability
& Basketball Specific Skills Training**



Email

info@icliny.org

Website

www.icliny.com

Phone

516-333-3495