

MGBASKETBALL COLLEGE PREP ACADEMY FORT WORTH: JULY 7 - 8



**WHO: CURRENT COLLEGE PLAYERS
(MEN'S AND WOMEN'S GROUPS)**

MGBASKETBALL "College Prep Academy" is a two-day camp designed for current collegiate players and 2017 graduates entering their collegiate careers.

The Academy will cover the following areas of development:

- Position-Specific Skill Development
- Offensive Situations Breakdown
- Advanced Offensive Reads
- Controlled-Live Lab Play
- Sports Performance Training
- Nutrition / Recovery Informational Sessions
- Film Breakdown

FEATURING:

PROFESSIONAL TRAINER:
ABBEY INGELS

CERTIFIED ATHLETIC TRAINER

CERTIFIED STRENGTH AND CONDITIONING
SPECIALIST

CORRECTIVE EXERCISE SPECIALIST

COST:

\$ 135 Overnight (Includes all meals / housing)

\$ 110 Commuter (Includes all meals)

WHO: CURRENT COLLEGE PLAYERS
(MEN'S / WOMEN'S GROUPS)

WHERE: TEXAS WESLEYAN UNIVERSITY

WHEN: JULY 7 (Check-in 12:30 pm)
JULY 8 (Check-Out 5 pm)

REGISTER AT: WWW.MGBASKETBALL.COM

Early Registration \$ 10 off by June 7th

FOR MORE INFO: mgbinfo@gmail.com

PHONE: (806)-685-8132



Matt Garnett
Owner / Director:
MGBasketball Instruction

