

****A** GAME HOOPS & ST. DAVIDS BASKETBALL PRESENT:
THE ULTIMATE AUGUST WORKOUT PROGRAM.**



TUES 730-10PM @ VILLANOVA COLLEGE IN KING CITY

SAT 10:00AM-12:30PM @ VILLANOVA COLLEGE IN KING CITY

****A** GAME HOOPS AND ST DAVIDS BASKETBALL** has teamed up to create the absolute best opportunity for you to find your edge and go back to school with your game, your mind, and your body at the next level.

COME AND WORK OUT THE RIGHT WAY

- **26 AGGRESSIVE HOURS IN AUGUST** our elite coaching staff will show you the **smart way to train**.
- With our signature **NUTRITION PROGRAM** proven to **enhance energy** and performance. We will teach you how to eat for **elite performance**.
- You will be put through the most **COMPREHENSIVE VIDEO ANALYSIS** of your game you have ever seen. This program will expose your weakness, allowing us to attack and improve those weaknesses in the next workout.
- Our signature **GOAL SETTING PROGRAM** will physically illustrate how to reach and achieve each and every: **daily goals**, weekly **goals**, and **yearly goals** you have. Goal setting is an art. We will break it down to you and have you on the right path to the right goals.
- With our highly qualified **STRENGTH AND CONDITIONING** coach, we will build and form the basis for your strength, conditioning, footwork, vertical leap and core strength.
- We have invited **40 ELITE PLAYERS FROM ACROSS THE G.T.A.**
- We have **10 HIGHLY QUALIFIED ELITE COACHES** --- 1 coach for every 10 players. Each athlete will experience all 4 coaches and the different areas of work every workout.
- **PRO PLAYERS AND D1 PLAYERS JOINING THE WORKOUTS.**
- All workouts and scrimmages **taped and put online for d1 contacts to view**.
- **EVERY TUES & SAT IN AUGUST** at one of the nicest basketball facilities in Ontario @ **VILLANOVA COLLEGE**

COST IS \$ 250----- LESS THAN \$10 PER HOUR --- TOTAL OF 26HRS

QUESTIONS OR CONCERNS PLEASE CONTACT:

KYLE JULIUS agamehoops@gmail.com

MAURO DI VITO maurod@popsfinc.com

WWW.AGAMEHOOPS.COM