

# YOUTH BASKETBALL

## TRAINING CAMPS AT



**COURTSIDE**  
FITNESS

**3 Day Camps** — All run by coaches with college & pro level experience (**June 10-12, July 8-10, August 5-7**)

**1. Level 1 — \$150**

8am - 12pm

**2. Advanced — \$150**

4 pm - 7 pm

## YOUTH BASKETBALL TRAINING

**1. Individual 1-on-1 training and coaching**

**2. Group — 60 minute session of 4-5 players.**  
Every player gets real time game situation instructional guidance & works through concepts alongside other players.

**Level 1 | Advanced | Pro Level**

## COMPREHENSIVE TRAINING

**Basketball + Strength and Conditioning**

Scan the QR code or Visit [lzero.us](http://lzero.us) for more information and to sign up for a Camp/Training.

