

SUMMER TRAINING CAMPS

COME TRAIN WITH THE PROS



" IT'S MORE THAN A BASKETBALL CAMP, IT'S A TRAINING EXPERIENCE THAT HAS CHANGED THE PATH OF MANY YOUNG PLAYERS IN THEIR PURSUIT OF IMPROVING ON THE COURT. "

Our athletes have access to the same unique training system that prepares stars such as Kevin Garnett, Chauncey Billups, and Al Harrington for the NBA season. The Impact Summer Training Camps offers an intense combination of basketball movement-based performance training, nutrition counseling, and on-court skill development. Experience and knowledge gained during an Impact Summer Training Camp has a proven positive long-term effect on a player's career.

PROGRAM HIGHLIGHTS:

Our goal is to ensure, through detailed and focus training, each student improves on weaknesses while honing strengths and conditioning their body to perform at their peak all season long.

- Player specific skill development through on-court workouts in small groups
- Intense drilling in game situations to improve game performance from the same trainers who prepare the best in the NBA throughout the season
- Detailed instruction on maximizing opportunities on the floor during games
- Intense performance training to improve speed, balance, flexibility, explosiveness, functional strength, and overall athleticism
- Impact Performance Training specifically targets the needs of an athlete that directly translates into improved performance, more daily energy, improved body composition, and overall better health
- Education on how to recover faster and more effectively throughout the season
- Sport nutrition and hydration education and strategies
- Benefits from our professional network of contacts for college placement and talent spotting
- Get your basketball webpage and get noticed

ATTENDANCE LIMITED! DON'T MISS OUT, [SIGN UP NOW!](#)

Summer Camps run weekly through the summer season, new sessions starts every Monday morning attendance limited to 30 players per week, per site at each of our sites:

LAS VEGAS • NEVADA • LOS ANGELES • CALIFORNIA • SARASOTA • FLORIDA • NOVI-MICHIGAN

Multiple sessions recommended to maximize the training experience.

Weekly - Boarding: \$1,300 Non-boarding: \$950

2-Week - Boarding: \$2,500 Non-boarding: \$1,800

4-Week - Boarding: \$4,500 Non-boarding: \$3,000

Group Training can be arranged for high school and club teams.

LIMITED SPOTS AVAILABLE

CLICK HERE TO CONTACT [TOM CAROLLO](#) OR CALL NOW ON (941) 342-1600 TO RESERVE YOUR PLACE.

CLICK TO [DOWNLOAD ENROLLMENT FORM](#)

“ **SUMMER TRAINING DAILY SCHEDULE** ”

8:30 am – 9:00 am	Athletic training, therapy, and movement preparation Functional movement screening (Day 1)
9:00 am – 11:00 am	On-court skill work
11:00 am – 12:30pm	Performance training sessions – off court/weight room Strength, movement, speed, quickness, agility – all basketball specific
12:30 pm – 1:45 pm	Lunch Rest and Recover Nutritional Consultation and program design
1:45 pm – 2:00 pm	Athletic training, therapy, movement preparation
2:00 pm – 3:30 pm	On-court skills training/performance training
3:30 pm – 4:30 pm	On-court skill work in team settings Competition, 1 on 1, 2 on 2, 3 on 3, and 5 on 5 play
4:30 pm – 5:00 pm	Athletic training, therapy, and recovery Dinner, recovery

**** SCHEDULE MAY VARY SLIGHTLY EACH WEEK**

SIGN UP NOW EACH DATE

LIMITED TO 30 PLACES ONLY

Check in on Sunday : **June 11th - 16th**

Check in on Sunday : **June 18th - 23rd**

Check in on Sunday : **June 25th - 30th**

Check in on Sunday : **July 2nd - 7th**

Check in on Sunday : **July 9th - 14th**

Check in on Sunday : **July 16th - 21st**

Check in on Sunday : **July 23rd - 28th**

Check in on Sunday : **July 30th – 4th August**

Check in on Sunday : **August 6th – 11th**

Check in on Sunday : **August 13th – 18th**



[CLICK TO DOWNLOAD ENROLLMENT FORM](#)

OR

[SIGN UP ONLINE HERE](#)

CLICK HERE TO CONTACT TOM CAROLLO OR CALL NOW ON (941) 342-1600 TO RESERVE YOUR PLACE.