



NORWOOD FLAMES BASKETBALL CLUB



An Elite Basketball Experience for the 'Wannabe and Soon-to-be' Future Stars

Mitch Creek and Adam Doyle from the Adelaide 36'ers bring to you their elite, disciplined and professional basketball personal training program, delivered in 6 weekly installments. Each session will target strength, fitness, teamwork, communication and mental skills needed to be successful in basketball. These workouts **WILL** test you, break you, but most importantly prepare you for not just the next level, but for life and many years to come! With a winning attitude, competitive spirit and strong heart you **CAN** do anything, and this experience will help you achieve these goals.

Held on March 6th, 13th, 20th, 27th, April 3rd and 10th

Location: Campbelltown Leisure Centre (CLC), 4 Botanic Grove, Campbelltown

SLOT 1 – 4:00 PM – 5:00 PM

SLOT 2 – 5:00 PM – 6:00 PM

SLOT 3 – 6:00 PM – 7:00 PM

Cost - \$90.00 for 6 classes

For bookings, please contact Chris Ninnies with your preferred slot.

Open to U12, U14, U16, U18, U23 players, Boys and Girls

Please come dressed in suitable basketball attire, with a water bottle

For further information phone The Norwood Office on (08) 8165 0398 or email admin@norwoodbasketball.com.au or view our website www.norwoodbasketball.com.au

