

RIVERSIDE-BASKETBALL PERFORMANCE PROGRAM

Fall 2018



Get Faster-Jump Higher-Be Stronger-Train Harder----PLAY BETTER!



Session 1: 9/19/2018 – 11/2/2018

Pre-Test on 9/14

FREE DEMO FOR PARENTS ON 9/5 from 7:30pm – 8:30pm



SPEED & STRENGTH TRAINING SCHEDULE:

Wednesdays and Fridays 6:45am – 8:00am



ATHLETE PRICING:

\$30/ athlete



TrueAP.com/Register

or

Email: akildea@trueap.com with questions

REGISTER NOW: TRUEAP.COM/REGISTER

-OR- EMAIL AKILDEA@TRUEAP.COM

TRAINING LOCATION:

RVHS