



Mitch Martin

Mike Kubitza

Certified Personal Trainers

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304.685.3041

Body by Mitch presents:

Summer Basketball Clinics with Mitch

I, Mitch Martin, have worked with youth basketball for 11 years, along with playing college, semi pro, and international pro basketball; I am dedicated to providing each player with the skills, techniques, mentality, and motivation to reach their full potential as a basketball player.

These clinics are designed to provide young players with the opportunity to build a solid fundamental base for the game of basketball. These clinics are designed to TEACH! I will work with each player with the intention of improving their basic skills, including but not limited to:

- o Shooting
- o Rebounding
- o Ball Handling
- o Defense
- o Passing

Private, Semi-Private, and Group Lessons Available

Body by Mitch presents:

Weekly Summer Strength and Agility Conditioning Program

The Strength and Agility Conditioning Program focuses on utilizing movements and exercises to develop an array of motor abilities. This program is designed to increase your child's quickness and explosiveness, while improving footwork and agility in their respective sport. Your child doesn't play a sport...this program will also improve your child's general physical condition. All children ages 10 and up are welcome.

Body by Mitch presents: Mitch Martin Summer Basketball Camps

The Strength and Agility Conditioning Program focuses on utilizing movements and exercises to develop an array of motor abilities. This program is designed to increase your child's quickness and explosiveness, while improving footwork and agility in their respective sport. Your child doesn't play a sport...this program will also improve your child's general physical condition. All children ages 10 and up are welcome.

- Boys and Girls 3rd through 5th grade
- **July 7th through July 9th**
- 5:30pm to 8:30pm
- \$70.00
- **Location:** Eastwood Elementary
(at the roundabout)
- Registration begins Monday, July 7th at 5:00pm

Tee Shirts Included

- Boys and Girls 6th through 8th grade
- **July 10th through July 12th**
- 5:30pm to 9:00pm Thursday and Friday
and 9am to 12pm Saturday
- \$75.00
- **Location:** Eastwood Elementary
- Registration begins Thursday, July 10th at 5:00pm

Tee Shirts Included

*All camps are limited to 20 kids, please contact Mitch Martin today to reserve your spot

please contact mitch martin at

train@bodybymitchpt.com or (304) 685-3041

**for program location/times and pricing
information or additional information**