

KESTRELS SUMMER WORKOUTS



"Because hard work gets results!"

Hosted By

**Matt Guymon & Bernie Grant,
Ben Stanley, Vicky Milner**

6 WEEK WORKOUTS *Ben Peacock*

JUMP PROGRAMME & SPEED DEVELOPMENT

Quilley 6:00 - 8pm
Tuesdays & Thursdays

Increase your speed, power, quickness and jumping ability.

Everyone has the ability to take their athleticism to the next level, with these intense workouts you will be able to do that. (Includes a written summer programme!)

£48 for 12 sessions
(£4 per session)

Due to popularity last year we can only allow 30 players Max per session

ULTIMATE PLAYER DEVELOPMENT

Quilley 8:00 - 9:30pm
Tuesdays & Thursdays

Off-season player development.

Train to win! We will show you the skills

Receive session planners

Don't rely on a coach to make you a player be responsible for your own Destiny.

£24 for 6 sessions Tues or Thurs
£48 for 12 sessions Tues & Thurs

Shooting Club

Quilley 7-8.30pm
Quilley 8.30-10.00pm
Wednesdays

Technique and Form

Inside shots

Perimeter Shots

Off the dribble

Hooks

Stationary

Quick Release

Explosive moves to the Basket

£24 for 6 sessions
(£4 per session)

SPORTS APPLIED STRONGMAN TRAINING

Applied strongman is the perfect companion for the jump programme and players looking to gain strength for the coming season. Strongman will make you a stronger, quicker and more conditioned player!! £5 per session (10 max per group) Dates & Times T.B.C

KESTRELS 6 WEEK SUMMER WORKOUTS

NAME _____ AGE _____

E MAIL _____

TEL NUMBER _____

MEDICAL CONDITIONS _____

(PARENTS/ GUARDIAN (if under 18) Signature _____

Please circle sessions attending

jump/speed
MATT/BERNIE

Ultimate Player
VICKY & BEN STANLEY

Shooting
MATT/ BEN PEACOCK



I ENCLOSE MY CHEQUE PAYABLE TO SOLENT KESTRELS BASKETBALL CLUB FOR £24 / £48
PLEASE RETURN APPLICATION FORM TO BEV GUYMON 24 BROADWATER ROAD, TOWNHILL PARK,
SOUTHAMPTON SO18 2EB OR TEL 02380 676850

BASKETBALL