



2023 PRESIDENTS CAMP FEBRUARY 20

Coed - 3rd to 10th Grade - Sign Up Today!

\$55 per participant | Monday, February 20

Drop off: 9am Pick up: 3pm



CAMP DAY PREVIEW:

- ✓ 9:00 to 9:15am **Group huddle / Intro for Day**
- ✓ 9:15 to 9:45am **Warm Up Drills (Self Instructed)**
- ✓ 9:45 to 10:15am **Conditioning / Speed Agility**
- ✓ 10:15am to 10:30am **Water Break**
- ✓ 10:30 to 11:00am **Stationary Ball Handling**
- ✓ 11:00 to 12:00pm **Shooting Drills**
- ✓ 12:00 to 1:00pm **Lunch Break / Relax**
- ✓ 1:00 to 1:30pm **Small Group Stations**
- ✓ 1:30 to 1:45pm **Water Break**
- ✓ 1:45 to 2:45pm **1-on-1, 2-on-2 and 3-on-3 & Games**
- ✓ 2:45 to 3:00pm **Prep for Departure**

SIGN UP TODAY!

WWW.MASBALL.COM | 349 Route 31 South, Suite 102 | Washington, 07882

This activity is not sponsored by the Washington Township School District