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PERSONAL TRAINING

ABOUT THE PROGRAM:

Southwestern Ohio Basketball and Air Kev are excited to announce the renewal and expansion of our individual development program. This program is designed to help players who are looking for more of a hands on aggressive training program. It will concentrate on skill work such as ball handling, footwork, form shooting, and so on. We will offer private training and small group workouts of 2 - 5.

This is a new program we are offering to help players advance their game to the next level. It is open players of all ages, skill level, and boys or girls. The trainers will adjust their workouts to help each player to his ability and needs. We will list on the home page of our website www.swohiosports.com the trainer's availability and whether it is a group session or personalized training.

ABOUT OUR CERTIFIED TRAINERS:

SPENCER BERLEKAMP

Spencer has 6 years AAU and HS coaching experience currently Kings Varsity asst. He was an all district player at Kings, 8 yr starter on a National AAU team, and 4 year starter at Thomas More College .

KEVIN DUNCAN

Kevin Duncan has over 20 yrs of experience in basketball coach and training and is a certified trainer with Micah Lancaster. He has held the position o Asst. Coach at Miami U. Hamilton, coached in the Hamilton City School District, as well as training in numerous other districts and facilities throughout Ohio.

TRAINING FEES

\$100 for 4 Sessions

\$175 for 8 Sessions

\$50 per Session for Private Training

If you are interested in getting your child in this program fill out the attached form and either mail it to the attached address, drop it off at Landmark or email it to tom_sunderman@yahoo.com. If you you have any questions regarding the program please email us or call us at 771-0650.

www.swohiosports.com