

# WESTMOORE BASKETBALL STRENGTH & CONDITIONING

**STRENGTH & CONDITIONING** -*Develop Strength, Speed, Agility, Explosiveness*



**Who:** Incoming 9<sup>th</sup>-12<sup>th</sup> grade basketball players

**Location:** Westmoore Weight Room

**Times:** Arrive at 10am for stretching, workout begins at 10:15

- Summer pride is run by our new strength and conditioning coach, assisted by your basketball coaches with specific workouts for you
- This helps our players succeed in games and it also helps build our chemistry
- June-July workout days will be posting on our upcoming summer calendar
- We will lift 3 to 4 times per week depending on our game schedule
- We will work on shooting right after these workouts

**Cost:** \$75 Cash, Checks to Westmoore Boys Basketball Booster Club or [mypaymentsplus.com](http://mypaymentsplus.com)

Contact [michaelmillwee@mooreschools.com](mailto:michaelmillwee@mooreschools.com) with questions

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_



**QR Code is for our summer Parent Square communication. 6<sup>th</sup> hour PS will be deleted after the last day of school. All players need to be in this group. Parents, please join too**