

**Regional ACADEMY**

# SLAM DUNK HOLIDAY CAMP



**SPECIFICALLY TARGETTED AT EXISTING U8 TO U14 DOMESTIC PLAYERS**

**WEEK 1**      **WEEK 2**

TUESDAY 25TH SEPTEMBER      TUESDAY 2ND OCTOBER  
 WEDNESDAY 26TH SEPTEMBER      WEDNESDAY 3RD OCTOBER  
 THURSDAY 27TH SEPTEMBER      THURSDAY 4TH OCTOBER

**10:00 AM TO 3:00 PM**

**1 DAY \$55   2 DAYS \$95   3 DAYS \$130**  
 PRICE INCLUDES SPORTSITG PROCESSING FEE

**REGISTER ONLINE AT REGIONALACADEMY.COM.AU**

CONTACT JARRYD MOSS - PROGRAMS COORDINATOR  
 P. 03 9776 8999   E. ACADEMY@FRANKSTONBASKETBALL.ASN.AU

**Regional ACADEMY**

# INTRO TO B'BALL HOLIDAY CAMP



**PERFECT FOR NEW PLAYERS 5 TO 10 YEARS OF AGE**

**FRIDAY 28TH SEPTEMBER  
 AND  
 FRIDAY 5TH OCTOBER**

**10:00 AM TO 2:00 PM**


**1 DAY \$55   2 DAYS \$95**  
 PRICE INCLUDES SPORTSITG PROCESSING FEE

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# GIRLS CAN BALL HOLIDAY CAMP



**LED BY AUSTRALIAN OPALS STAR, OLYMPIAN, WNBA DRAFTEE & WNBL DEFENSIVE PLAYER OF THE YEAR**

**NATALIE PORTER**

**SUPPORTED BY FRANKSTON BLUES YOUTH LEAGUE WOMEN PLAYERS AND REGIONAL ACADEMY COACHES**

**U12, U14 & U16 GIRLS WELCOME**

**MONDAY 24TH SEPTEMBER  
 10:00 AM TO 12:00 PM**


**\$45 PER PLAYER**  
 PRICE INCLUDES SPORTSITG PROCESSING FEE

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# INTRODUCTION TO STRENGTH & CONDITIONING



**LED BY FRANKSTON BLUES SEABL MEN'S STRENGTH AND CONDITIONING, MELBOURNE/CASEY DEMONS (AFL) HEAD OF REHABILITATION**

**JAY ELLIS**

**SUPPORTED BY JAYRRD MOSS, QUALIFIED S/C COACH**

**MONDAY 24TH SEPTEMBER  
 12:00 PM TO 2:00 PM**

**\$45 PER PLAYER**  
 PRICE INCLUDES SPORTSITG PROCESSING FEE

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# THE POWER GAME HOLIDAY CAMP



**LED BY AUSTRALIAN OPALS STAR, OLYMPIAN, WNBA DRAFTEE & WNBL DEFENSIVE PLAYER OF THE YEAR**

**NATALIE PORTER**

**SUPPORTED BY FRANKSTON BLUES YOUTH LEAGUE WOMEN PLAYERS AND REGIONAL ACADEMY COACHES**

**FOR PLAYERS WANTING TO IMPROVE THEIR LOW-POST OFFENCE/DEFENCE, REBOUNDING AND FOOTWORK**

**MONDAY 1ST OCTOBER  
 10:00 AM TO 12:00 PM**


**\$45 PER PLAYER**  
 PRICE INCLUDES SPORTSITG PROCESSING FEE

**REGISTER ONLINE AT REGIONALACADEMY.COM.AU**

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# GUARD YOUR YARD HOLIDAY CAMP



**LED BY FRANKSTON BLUES SEABL MENS GUARD**

**JARRYD MOSS**

**BY FRANKSTON BLUES YOUTH LEAGUE PLAYERS AND REGIONAL ACADEMY COACHES**

**DESIGNED FOR PLAYERS WANTING TO IMPROVE THEIR 1-ON-1 PERIMETER DEFENSE AND OFFENSE, BALL HANDLING, SHOOTING & PASSING**

**MONDAY 1ST OCTOBER  
 12:00 PM TO 2:00 PM**

**\$45 PER PLAYER**  
 PRICE INCLUDES SPORTSITG PROCESSING FEE

**REGISTER ONLINE AT REGIONALACADEMY.COM.AU**

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