

Ready To

GET BETTER?

Wisconsin Impact 2018 Fall Development

Martin Luther High School (5201 S 76th St, Greendale) – Girls Only!

Every training opportunity includes 45 minutes of strength & conditioning led by a professionally certified trainer with the balance of time devoted to basketball training led by Impact's staff of experienced coaches.

Strength & conditioning activities are age-appropriate, utilize Martin Luther's training areas and equipment, and are focused on:

- Improving body composition
- Enhancing basketball-specific function
 - Improving joint integrity
 - Preventing injury

Basketball activities are focused on:

- Fundamental skill development such as ball-handling, finishing moves, shooting
- Competitive scrimmaging such as 1v1, 3v3, 5v5

Wednesday Sessions (7) – September 13 to October 25 – Impact \$90 (Non \$120)

4th-7th – 7:00p-8:30p

8th-12th – 7:45p-9:15p

Sunday Sessions (7) – September 10 to October 22 – Impact \$120 (Non \$160)

4th-7th – 6:00p-8:00p

8th-12th – 6:30p-8:30p

Players Can Sign Up For Both Sessions at Discounted Price – Impact \$185 (Non \$250)

See www.wisconsinimpact.com for more details and registration information.
Space is limited!

Contact info@wisconsinimpact.com or 414.630.1778 with questions.

