

SWISH CLUB - Shooting specific training

Players will receive shooting instruction and detailed breakdowns on how to become a better, more consistent shooter. Session will take players through a detailed form shooting workout that will track shot attempts and makes at each lesson. As the players improve their shooting percentage, they will be given new challenges to complete.

PRICING AND SCHEDULE: Wednesdays 6:30pm – 7:30pm (begins 4/13)

- \$25 per session
- Open to boys and girls in Grades 6-12

Sign-up online at optimumperformancesports.com/schedule/ or by scanning the code below:

