

CAMP PRICING

CAMP
\$335.00
per athlete

ATHLETES WILL RECEIVE
A CAMP T-SHIRT
AND OTHER SURPRISES!

REGISTER/PAY

<https://N4Etraining.com>

LOCATION

Fallston High school
2301 Carrs Mill Rd, Fallston, MD 21047
(indoor courts and the turf fields)

TRAINING CAMP



WHEN

Monday - Thursday,
July 15-18
9:00 am - 3:30 pm

**early drop 8:30 am is available,
per request (no cost)**

Rising 4th - 9th
graders
Boys and Girls

**Camp limited to 40 athletes.



CONTACT INFO

Phone: 931.338.1493

Email: N4Etraining@gmail.com



WEBSITE:
www.N4Etraining.com





COACH SUMMARY

Coach Johnny Woods' Mission is to develop gifted basketball players into highly skilled athletes and future collegiate competitors. Coach Woods is a highly respected Head Coach for the Fallston Women's Varsity Basketball team and one of the assistant Varsity Football coaches. In his fifth season as Head Varsity Girls Basketball Coach, he led the Cougars to a "Sectional Championship" title (2019), a Regional Championship game appearance (2019), Regional Championship game appearance (2020), a UCBC Champs, Regional Champs and STATE CHAMPIONSHIP win (2022), a Regional Championship game appearance (2023) and UCBC Champs and Regional Championship (2024).

Coach Woods and his athletes thrive on his coaching philosophy grounded in the key fundamentals of physical training, teamwork, and leadership. Simply put "Hard work, works. Working really hard is what successful people do!".

For 19 years, Coach Woods has utilized his diverse background as a collegiate scholarship athlete, highly decorated retired combat veteran (United States Army), and a successful Varsity Head Coach to educate, motivate and inspire his student athletes in the Harford Community where he resides with his wife and two children.

Coach Woods is excited to build relationships with motivated and dedicated players in the Harford County area as well as maximizing their potential to become exceptional athletes.

CAMP HIGHLIGHTS

- Personalized attention (1 Counselor per 5 Athletes)
- Professional basketball trainer
"Jeff Butler from Basketball Boot Camp"
- On site Certified Nurse Practitioner
- Counselors are high school coaches, committed college athletes, current high players, etc.
- Provides mental and physical conditioning for athletes
- *Potential* Early/late shooting on a shooting machine could be available (no extra charge).

CAMP AGENDA

8:45	9:00	Drop off
9:00	9:15	Roll call
9:15	10:15	Strength & Conditioning *running/tennis shoes required*
10:15	11:15	Shooting
11:15	12 noon	Competition/game play
12:00	1:00	Lunch *Meal plan can be purchased (pizza)*
1:00	1:30pm	Ball handling
1:30	2:00pm	Skill Dev
2:00	2:45pm	Competition
2:45	3:30pm	Skill Development
3:30	3:40pm	Pick up

WEBSITE:
www.N4Etraining.com



CONTACT INFO

Phone: 931.338.1493
Email: N4Etraining@gmail.com

FOLLOW US ON

