

CAMP PRICING

HALF DAY CAMP

\$200.00

per athlete / per session

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

REGISTER/PAY

[https://falstonrec.sports
signup.com/site/](https://falstonrec.sports
signup.com/site/)

LOCATION

Fallston High school

2301 Carrs Mill Rd, Fallston, MD 21047
(outdoor courts)

TRAINING CAMP



AGES

Session 1 (June 28-01 July)

Rising 6th - 9th graders
Limit = 20 male athletes
20 female athletes

Session 2 (12-15 July)

Rising 5th - 9th graders
Limit = 20 male athletes
20 female athletes

Session 3 (23-27 August)

Rising 5th - 9th graders
Limit = 20 male athletes
20 female athletes



CONTACT INFO

Phone: 931.338.1493

Email: N4eTraining@gmail.com



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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 second season as Head Varsity Girls Basketball Coach, he led the Cougars to a "Sectional Championship" title (2019), a Regional Championship game appearance (2019), 2nd place in the region/a first round playoff bye and a Regional Championship game appearance (2020).

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 16 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

8:20	8:30	Drop off
8:30	8:40	Roll call
8:40	9:10	Strength & Conditioning
running/tennis shoes required		
9:10	9:20	Water
9:20	9:45	Shooting
9:45	10:15	Competition/game play
10:15	10:25	Water
10:25	10:55	Ball handling
10:55	11:20	Competition/game play
11:20	11:30	Water
11:30	11:45	Awards
11:45	12:00	Layup
12:00	12:10	Pick up

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