



Defensive

INTENSE TRAINING

FOCUS WILL BE ON DEFENSIVE SKILLS AND MOVEMENTS-FAST PACED AND PACKED WITH FUN!

Limited space available (2 courts available)



Dates:

- **August 9th**
 - **Coaches: Jordan Bemis**
 - **Kasey Valentin**
- **August 16th**
 - **Coaches: Dani Carnes**
 - **Kasey Valentin**

Incoming 5th-7th graders

Time: 4:00-5:30

Incoming 8th-12th graders

Time: 4:00-5:30

Cost: \$15.00 per session (cash)

Site: Lake Asbury Junior High, 2851 Sandridge Rd, Green Cove Springs, FL

Contact: Director, Jason Berry
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