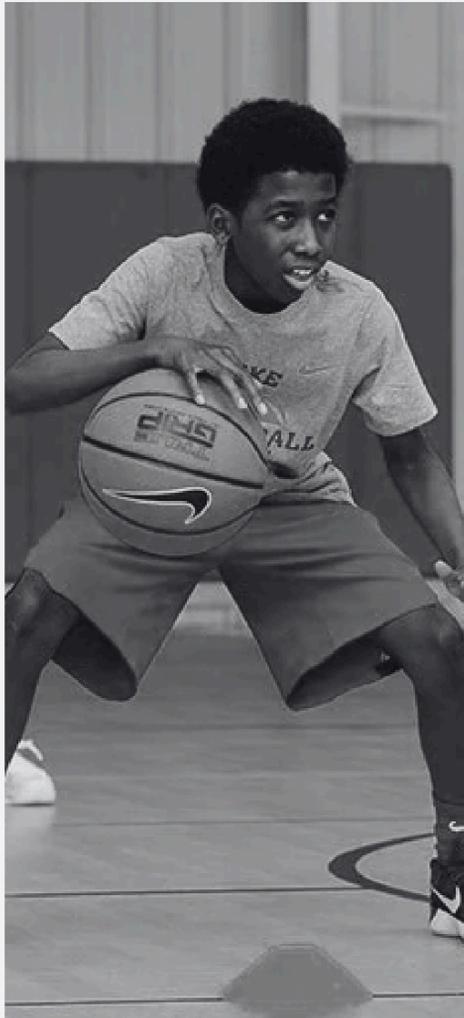


MOTOR CITY

# EVOLUTION TRAINING CAMP



**PLAYTIME IS OVER - ITS TIME TO GO TO WORK**

At the MCE Training Camp, we roll up our sleeves and go to work! Campers will experience a week of developing and refining their basketball mechanics. We provide speed/strength training and plenty of cardio drills. This is a week which will challenge every basketball player to push themselves to be their very best.



**FRANKLIN ATHLETIC CLUB**

THREE TIME OFFERINGS: 9am-3pm (Full Day) or 9-12:15(am shift) or 12:30-3pm (pm shift)

Boys and Girls entering grades 3-8 - \$300

*Although all skill levels are welcome, this camp is best suited for the more serious athlete looking to improve their overall skill set*