



## 2009 / 2010 Winter Development Programs

Player Development Programs, LLC  
At Centre College

<u>December Session I - \$45</u>	<u>January Session II - \$45</u>	<u>February Session III - \$45</u>
<b>Boy's &amp; Girl's Ages 7-18</b>	<b>Boy's &amp; Girl's Ages 7-18</b>	<b>Boy's &amp; Girl's Ages 7-18</b>
Monday, December 14	TBA	TBA
Wednesday, December 16	TBA	TBA
Friday, December 18	TBA	TBA

**Times:** Ages 7-13 5:30-6:45 pm      **Location:** Hazelrigg Gym, Item 36  
Ages 14-18 6:45-8:00 pm      **Clickable Map:** Sutcliffe Hall Hazelrigg Gym

- Winter Development T-Shirt provided for all campers who attend all three sessions
- Emphasis on 1 vs. 1 Development and 4 vs. 4 Concepts
- Proper Weight Training Methods and Program Provided to Ages 14-18

**The Winter Development Program** is directed by Centre College Head Coach Jeb Burch. He is joined by Louisville Lightning Professional and former All-American, Adam Boyer.

**The Winter Development Program** gains attention each year with an emphasis on skill development in a serious, but fun environment. Each camper is expected to complete homework as part of the program.

**The Winter Development Programs** are designed with the intent to provide consistent training, throughout the winter, as players gear up for the Spring Season.

\*\*\*\*\***Reserve A Spot by emailing: [Jeb Burch](#)**\*\*\*\*\*