

BALL OUT

BASKETBALL CAMP



**EAT. SLEEP. BALL.
REPEAT**

BALL OUT

BASKETBALL CAMP

AVAILABLE YEAR-ROUND, FIVE-STAR SPORTS BALL OUT CAMPS ARE INTENSIVE, OVERNIGHT TRAINING PROGRAMS DESIGNED FOR PROGRESSING BASKETBALL PLAYERS TO THE NEXT LEVEL IN THEIR DEVELOPMENT.

A TYPICAL DAY AT A BALL OUT CAMP CONSISTS OF OVER 3.5 HOURS OF SKILL DEVELOPMENT TRAINING AND OVER 1 HOUR OF BASKETBALL COMPETITION. PLAYERS CAN EXPECT TO BE ON THE COURT FOR OVER 5 HOURS A DAY. OUR CAMPERS LIVE AND BREATHE BASKETBALL



CHOOSING YOUR JUNIOR CAMP EXPERIENCE

CAMP ROOKIE

FOR PLAYERS EARLY IN THEIR BASKETBALL DEVELOPMENT
LOOKING TO HONE THEIR ALL AROUND SKILLSET



CAMP ALL STAR

FOR PLAYERS LOOKING TO DEVELOP THEIR GAME
THROUGH PERSONALIZED COACHING AND HIGH LEVEL COMPETITION



CAMP MVP

FOR PLAYERS DEMANDING TO ELEVATE THEIR BASKETBALL GAME TO THE NEXT LEVEL



	ROOKIE	ALL STAR	MVP
Multiple Technical Skill Training	✓	✓	✓
Multiple Game-Situation Training	✓	✓	✓
Video Analysis Session	✓	✓	✓
Character Development Classroom Program	✓	✓	✓
Strength & Conditioning Session	✓	✓	✓
Hotel Accommodation (House Keeping & Laundry)	✓	✓	✓
Three Meals & Drinks Daily	✓	✓	✓
Ball Out Training Gear	✓	✓	✓
Small Group Elite Training Session (6 People Max)		✓	✓
Athletic Performance Enhancement Clinic		✓	✓
Individual, Elite Training Session (1-to-1)			✓
Personalised Ball Out Training Gear			✓

For more information, Please contact:

Tel: 0755-8628 9331

Email: info@fivestarsports.cn



五星体育运动
外教青少儿篮球培训

FOSHAN FOSHAN GOLF CLUB



FOSHAN GOLF CLUB, NANHAI DISTRICT, FOSHAN

	DATE	PRICE	DAILY CAMPER SCHEDULE	
Session 1	June 24-27	RMB ¥6499	08:00 - 08:45	Breakfast
Session 2	July 13-17		09:15 - 09:45	1st Station
Session 3	July 20-24		09:45 - 10:10	2nd Station
Session 4	Aug 24-28		10:15 - 10:45	3rd Station
Session 5	Oct 2-6		11:15 - 12:00	Skill Session
Session 6	Dec 21-25		12:00 - 1:00	Lunch
			2:45 - 3:15	4 x 4 Cutthroat
			3:30 - 4:30	Camp League Games
			4:30 - 5:30	
			6:00 - 7:00	Dinner
			7:30 - 8:30	Camp League Games
			8:30 - 9:30	

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SHANGHAI

CONCORDIA INTERNATIONAL SCHOOL



999 MINGYUE RD, PUDONG, SHANGHAI

	DATE	PRICE	DAILY CAMPER SCHEDULE	
Session 1	TBD	RMB ¥6499	08:00 - 08:45	Breakfast
Session 2	TBD		09:15 - 09:45	1st Station
Session 3	TBD		09:45 - 10:10	2nd Station
Session 4	TBD		10:15 - 10:45	3rd Station
Session 5	TBD		11:15 - 12:00	Skill Session
Session 6	TBD		12:00 - 1:00	Lunch
			2:45 - 3:15	4 x 4 Cutthroat
			3:30 - 4:30	Camp League Games
			4:30 - 5:30	Dinner
			6:00 - 7:00	Dinner
			7:30 - 8:30	Camp League Games
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