

BASKETBALL TRAINING

PROVIDED BY TREVOR ELHARD

Sessions will be focused on improving individual skills and athleticism.

Pricing as follows:

- \$40 for 1-on-1 training
- \$25/player for 2-on-1
- \$20/player for 3-on-1
- \$17.50/player for 4-on-1

Trevor's Background and Qualifications:

- Certified Personal Trainer through the National Academy of Sports Medicine
- 2013 MN State Tournament Participant – Grand Rapids High School
- 2 years at Itasca Comm. College. Team captain and leading scorer both seasons
- Earned and accepted Athletic Scholarship to Mayville State University



SESSIONS WILL BE 1 HOUR
COURT RENTAL INCLUDED IN PRICING