



PARKS + RECREATION
BOWLING GREEN, OHIO



Get Ahead Basketball Training

With Instructor **Steve Cramer**
and **Jadon Nichols**

Small Group Workouts

(space is limited)

Grades 8-12 : 4pm-5pm

Grades 5-8: 5:15pm-6:15pm

(8th graders have choice on which session to attend)

6 sessions

\$82 resident, \$90 Non Resident

Dates:

March 19, 26

April 2, 9, 16, 23

NOTE:

If unable to make every session contact Coach Cramer regarding a possible makeup. 10 player maximum! 8th grade athletes have the choice to attend either group.

Ways to REGISTER:

Call 419.354.6223

Visit www.bgohio.org/parks

Go to: Bowling Green Community Center
1245 W. Newton Road
Bowling Green, OH 43402

For more information go to:

www.cramerbasketball.com

Also find us on Facebook and Instagram!

Cramer is a former professional player in Germany and Slovakia (2007-2011) and Hope College All-American (2003-2007). He has been training players of all levels since 2008 and has coached at the high school and junior high level in the U.S. and internationally.

Topics:

- Develop proper shooting technique and game situation drills
- Learn to attack the defense off the dribble and triple threat
- Learn specific moves to finish around the basket against tough defenders
- Participate in game situation drills
- And more...

Note: Coach Cramer will be present and directing a minimum of three sessions, while Coach Nichols will be present and instructing at all sessions. Coach Nichols has been coaching with Cramer Basketball since 2016 and has college experience working with the BGSU women's basketball team as well as experience coaching at the junior high level.