



Washington DC Clinic



Where: The St. James Sports Complex, 6805 Industrial Rd, Springfield, VA

When: April 17- 19, 2019

Who: Open to athletes of all ages

Price: \$299 (10% before February 16)

REGISTER NOW: <http://bit.ly/WASHDC>

Schedule

Wednesday, April 17

6:30 pm Introduction

6:40 pm Dry Land workout (how to warm up correctly & stay injury free)

7 pm Fundamentals are the key to success

7:30 pm Passing makes perfect

7:50 pm Shoot with Tony

8:30 pm Wrap up

Thursday, April 18

9:30 am Dry Land Intro: the 6-8 Powerflex Cord Workout

10 am Wall Drills and Tony vs Phelps

10:30 am Creative Passing

10:50 am Shooting

12-1 pm Lunch and Q&A with Tony

1 pm Hungarian Warm-up

1:10 pm 6 on 5 (Passing)

1:30 pm 6 on 5 (Shooting)

2:30 pm Completion of the 6-8 Challenge

3:30 pm Wrap up

Friday, April 18

9:30 am Team Announcements

9:40 am Team warm up run by Tony

10 am Six team Tournament: 10 min running games/ 5 min between games/ 2 Games going on at the same time

12 pm Photos, autographs and goodbye