



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAIN HARD JUMP START THE SEASON

## Pre-Season Training with Tee Morant

This is an opportunity for student athletes to prepare for their up-coming season with a seasoned athlete and accomplished trainer. All aspects of the game will improve by conditioning the players to play the whole game with minimal fatigue. Participants will be drilled in ball handling, guarding, shooting and agility.

Mondays

July 9 - Aug. 13

Mon. 2:30 - 4:00 pm

Ages: 10 - 18

\$5 per day for members only

Register at the member service desk  
prior to each session.



SUMTER FAMILY YMCA  
510 Miller Road  
Sumter, SC 29150  
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ymcasumter.org



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.