



**Strength  
Conditioning**

**Basketball  
School**

**A year round Basketball Offensive Skills School combined  
with a strength and conditioning program for all sports.**

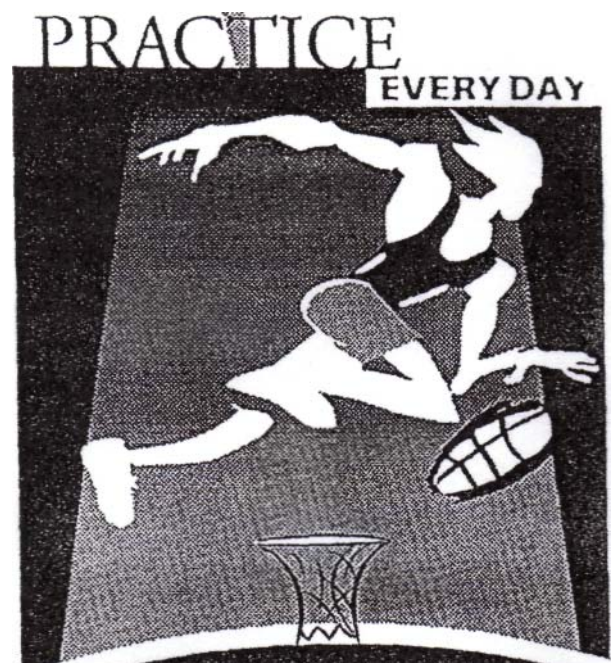
**Saturdays beginning November 7<sup>th</sup> at  
Campton Elementary School Gym for  
grades 5 and up, coed.**

**9:30 ~ 10:30 AM**

In my years as a college player, I did hoop camps with some of the best coaches in America – Rick Pitino, Bob Knight, Digger Phelps, Pete Gillen and Rick Barnes. I have taken a combination of theirs and other drills and teaching points and have used them to develop it into an effective program so that every young player gets the concentrated wisdom of the field. – *Tony Mure*

Holderness Boys Varsity Coach  
Camp Director for Matt Bonner of the San Antonio Spurs

- 1) Improve shooting mechanics and find your range
- 2) Ball handling
- 3) Attacking the basket
- 4) Footwork:  
From stepping into your shot to coming off screens and shooting
- 5) Improve your passing



**The way to be is to do.**

**\$15 a week  
Cash or check  
Please make checks payable to  
"In The Zone Strength  
Conditioning".  
No pre-registration required!**

*"Creative Concepts in Physical Fitness"*

Tony Mure • Certified with the world renowned trainer, Dr. Igor Burdenko  
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