

# SPORTS CAMP

June 1 2023 - June 29 2023



## Train with Jill Day

a Virginia High School graduate,  
VJHS coach, masters degree in  
Exercise Science

## SPORTS CAMP @ VIRGINIA SCHOOL.

Tuesday/Thursday 8:30-9:30 AM for kids entering 3rd-6th      10-11 AM for kids Jr.High/High school(7-12)  
Thursday June 1st-Thursday June 29th \*\*\*There will be camp Monday June 5th and no camp Tuesday June 6th\*\*\*

## KEEP KIDS ACTIVE & FOCUSED ON A GOAL.

- \*IMPROVE BASIC SKILLS
- \*HAND EYE COORDINATION
- \*JUMP TRAINING
- \*LEARN THE IMPORTANCE OF A STRONG WORK ETHIC
- \*DEVELOP FUNDAMENTALS
- \*SPEED & AGILITY DRILLS
- \*SPORT SKILL DEVELOPMENT
- \*BUILD A BOND WITH OTHER ATHLETES



### Price: \$50 for program

What it includes : 9 one hour sessions working to become a better teammate and well rounded athlete  
RSVP or questions please contact Jill at (217)473-3027

There will be a parent/guardian consent form to sign on the first day of camp. Bring money (cash or check made out to Jill Day) on that day.