

## Meet Coach Nordin

Coach Nordin has coached at the High School Varsity Level and has enjoyed success as a Varsity High School and College Basketball player. He is excited to start his 15th year as the Basketball Teaching Pro at the H-F Racquet & Fitness Club. Hundreds of area boys & girls ages 7 to 16 have had the opportunity to learn proper shooting techniques and build a strong base of fundamental basketball skills by participating in Coach Nordin's Basketball Lessons at the Club.



**Coach Mark Nordin**  
Basketball Coordinator  
Personal Coach

*"Semi-private lessons allow me to give each player the personal attention needed to meet a wide range of player goals which include becoming a better shooter, making the varsity team or earning a college scholarship."*

## Summer Basketball Camp

Coach Mark Nordin offers his players expert instruction and personal attention, qualities that are essential to skill development. There is a maximum of two players per group.

All sessions will cover shooting and will include position skills at guard, forward and center positions.

All sessions are held at the H-F Racquet & Fitness Club, 2920 W. 183rd St., Homewood.

### Camp Fee: \$60

*(Non-members welcome at all summer sessions)*

### Fee includes:

- Four 30-minute lessons
- One-on-one team competition



**Register begins May 2!**  
**Call 708-799-1323.**

## Summer Basketball Camp

### Monday & Wednesday Camp

**Session 1:** June 13-22 (Code #: 254301)

**Session 2:** July 11-21 (Code #: 254302)

**Session 3:** Aug. 1-10 (Code #: 254350)

<u>Time</u>	<u>Ages</u>	<u>Code:</u>
6 p.m.	Boys/Girls, ages 7-9	-02
6:30 p.m.	Boys/Girls, ages 10-12	-03
7 p.m.	Strength Training (see back page)	
7:30 p.m.	Boys/Girls, ages 13-16	-04

**REGISTRATION  
BEGINS  
Monday,  
May 2!**

**Non-members welcome at  
all summer camps!**

## LET'S DO TWO!

Strength Training Camp for basketball players is offered during the Summer Basketball Camp, allowing participants to attend both camps back-to-back.

## Strength Training Camp

Coach Mark Nordin's Strength and Agility Camp is a sport-specific, cutting-edge training program especially designed for basketball players. Camp goals are to strengthen muscles, improve balance and stabilize joints which will help prevent injury and improve performance.



Sessions are held in Court B at H-F Racquet & Fitness Club.

**Ages:** Boys & Girls ages 12-16

**Time:** 7 p.m.

**Fee:** \$60

**Limit:** Max. of 2 per class

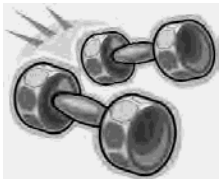
*(Non-members welcome at all summer sessions)*

### Monday & Wednesday Camp

**Session 1:** June 13-22 (Code #: 254401-02)

**Session 2:** July 11-21 (Code #: 254401-22)

**Session 3:** Aug. 1-10 (Code #: 254401-03)



**REGISTER  
NOW!**

**Registration begins Monday, May 2!**

Call 799-1323 or register in person  
at the Welcome Center.

H-F Racquet & Fitness Club  
*a homewood-flossmoor park district facility*  
2920 W. 183rd St.  
Homewood, IL 60430  
[www.hfracquetandfitness.com](http://www.hfracquetandfitness.com)

H-F Racquet & Fitness Club  
presents...

*Coach Mark Nordin's*

# Buddy Basketball Shooting Camps



**SUMMER  
2011**



Also available:

**Buddy Strength  
Training Camps**

