

ATTENTION HIGH SCHOOL PROGRAMS!

# HS TEAM PRESEASON

Get your high school team together for a week of training and team bonding at NEVBC with our world-class staff. Our **High School Team Preseason** regulars include incredible and highly decorated teams such as Trumbull, Fairfield Warde, NEPSAC champions King High School and back-to-back State champions Darien. Get your team off on the right foot with skill building, team bonding, and fun preseason competition. This year, we've reserved a limited number of weekends for our Preseason camps, which can be customized for 1-3 courts depending on the number of athletes.

What you can expect from your NEVBC Team Preseason:

- Customized training program, tailored to your team's needs and your athletes' skill levels
- An NEVBC lead coach will run each court for the duration of the camp
- Camp curriculum designed with the goal to get your athletes and team ready for the fall season
- Team bonding and team identity building sessions
- High intensity, challenging sessions that will improve team fitness and conditioning

*This program is available to both Girls HS teams and Boys HS teams in Connecticut and New York!*

Dates and costs will be released soon. If you're interested in reserving a slot for your team, please contact NEVBC Summer Director, **Dr. Frog** ([frog@northeastvbc.com](mailto:frog@northeastvbc.com)).

