

★ NorthShore SPORTSPLEX ★

**Dates January 29  
and 30 from 300-  
530 cost is 100.00**

And  
Coach Ryan Lewis  
Present

# Forward Camp

**Register with Coach  
Ryan Lewis  
@504.390.9385  
Or  
Ralewis1268@hotmail  
.com**

**Directions can be  
found @ nsbbtc.com**

This camp will focus on fundamentals of playing forward you will learn how to post up, a wide variety of moves, rebounding positioning, post defense, and the mental aspect of being a big man on the court and playing like it.

*“Great teams win or lose with the play of their big man”*