

2008 NBS Individual Skills Session

- **If long term development is your goal, we can help you get there!!! Join us for our 2009 Individual Skills Session. This session will run from August 29th through October 18th on Saturday's and Sunday's at Immaculate Conception Gym in Spotswood, NJ.**
- **It is not enough to just participate in leagues and play in games. You must continuously develop your skills. NBS is the place to make this happen. This program will consist of 16 intense 2 hour sessions. The sessions will involve conditioning, ball handling, shooting, post moves, guard-play, defensive footwork and much more!**
- **The program is open to all ages and skill levels!**

**If you have any questions or would like to contact us:
www.nothingbutskills.com**

**NBSPD@aol.com
267-987-6975**