COACH SUMMARY

Coach Johnny Woods’ Mission is to develop gifted basketball players into highly skilled athletes and future collegiate competitors. Coach Woods is a highly respected Head Coach for the Fallston Women’s Varsity Basketball team and one of the assistant Varsity Football coaches. In his second season as Head Coach, he led the Cougars to a “Sectional Championship” title (2019), a Regional Championship appearance (2019) and another winning season (2019/2020).

Coach Woods and his athletes thrive on his coaching philosophy grounded in the key fundamentals of physical training, teamwork, and leadership. Simply put “Hard work, works. Working really hard is what successful people do!”.

For 16 years, Coach Woods has utilized his diverse background as a collegiate scholarship athlete, highly decorated retired combat veteran (United States Army), and a successful Varsity Head Coach to educate, motivate and inspire his student to athletes in the Harford Community where he resides with his wife and two children.

Coach Woods is excited to build relationships with motivated and dedicated players in the Harford County area as well as maximizing their potential to become exceptional athletes.

CAMP AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Drop off</td>
</tr>
<tr>
<td>8:45</td>
<td>Roll call</td>
</tr>
<tr>
<td>8:55</td>
<td>Strength/Conditioning Training</td>
</tr>
</tbody>
</table>
*running/tennis shoes required*|
| 9:55  | Shooting                |
| 11:00 | Competition/game play   |
| 11:45 | Lunch                   |
*meal plan can be purchased (pizza)*|
| 12:45 | Ball handling skills & drills |
| 1:00  | Skill development       |
| 2:00  | Competition/game play   |
| 3:00  | Skill development       |
| 3:30  | Pick up                 |

CAMP HIGHLIGHTS

- Personalized attention
  - (1 Counselor per 5 Athletes)
- Professional basketball trainer
- “Jeff Butler from Basketball Boot Camp”
- On site Certified Nurse Practitioner
- Counselors are high school coaches, committed to college athletes, current high players, etc.
- Provides mental and physical conditioning for athletes

*Potential* Early/late shooting on a shooting machine could be available (no extra charge).

WEBSITE:
www.N4ETraining.com

CONTACT INFO
Phone: 931.338.1493
Email: CoachWoods@N4Etraining.com
CAMP PRICING

FULL DAY CAMP
$255.00 per week
(Mon-Thurs/July 13-16 & 27-30)

MILITARY DISCOUNT
$230.00 per week
(Mon-Thurs/July 13-16 & 27-30)

EARLY BIRD DISCOUNT:
Register before May 30th and pay $240

REGISTER/PAY
https://fallstonrec.sportssignup.com/site/

LOCATION
Fallston High School
2301 Carrs Mill Rd, Fallston, MD 21047

TRAINING CAMP

AGES
Session 1 (13-16 July)
Rising 6th - 9th Graders
Limit = 30 athletes

Session 2 (27-30 July)
8 - 14 years of age
Limit = 40 athletes

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