

IT'S TIME...



Step it up | BASKETBALL

Dear Parents,
From the team here at Step It Up, I wanted to personally thank you for considering our program to make your child's summer worthwhile. Step It Up is more than just a basketball program; it is designed to equip your son for success in every area of his life.

Each session is designed with these desired outcomes in mind: skill improvement, emotional and social growth, and increased responsibility. You can expect this all to be contained in a well-thought out program with an emphasis on safety and wellness, so you can rest assured that your child is in good hands.

As the founder and director of Step It Up, I invite you to learn more about the programs that we offer here in South Florida. Please pick up the phone and give me a call if you have any questions! Are you ready to Step It Up?

Yogev Berdugo

Yogev Berdugo, Founder & Director



OUR CORE

From the moment your child steps into a Step It Up Basketball Camp, he is treated like a serious athlete. At Step It Up, we cater to the aspiring basketball player at every stage in the game and every level of physical fitness. Our camps are designed to enhance basketball skills, encourage teamwork and sportsmanship, and inspire confidence in every aspect of our players' lives.



ON THE COURT



SAMPLE SCHEDULE

8:30 am – Wake Up/Breakfast
10:00 am – Mechanics & Form Shooting
10:30 am – Position Specific Skills
11:30 am – Speed & Agility/Strength
12:00 pm – Team Skill Development
12:30 pm – Lunch
1:00 pm – Leisure Time
3:00 pm – Yoga/Stretching
4:00 pm – Snack/Break
4:30 pm – League Games
6:30 pm – Dinner
7:00 pm – Leisure Time
8:00 pm – Evening Activity
9:30 pm – Snack
10:00 pm – Lounge
11:00 pm – Lights Out



By gathering the highest qualified trainers and skill development coaches using state of the art equipment and developing both the mental and physical aspects of the game, we are able to enhance our players' skills both on and off the court. All staff members have experience on the collegiate or professional level as players or coaches, so you can be assured that your child is receiving elite instruction.

At Step It Up, we believe that every player has the opportunity for growth. When your child arrives at camp, we put him through a series of tests to identify physical and mental strengths and weaknesses, and then build a customized training regimen for him.

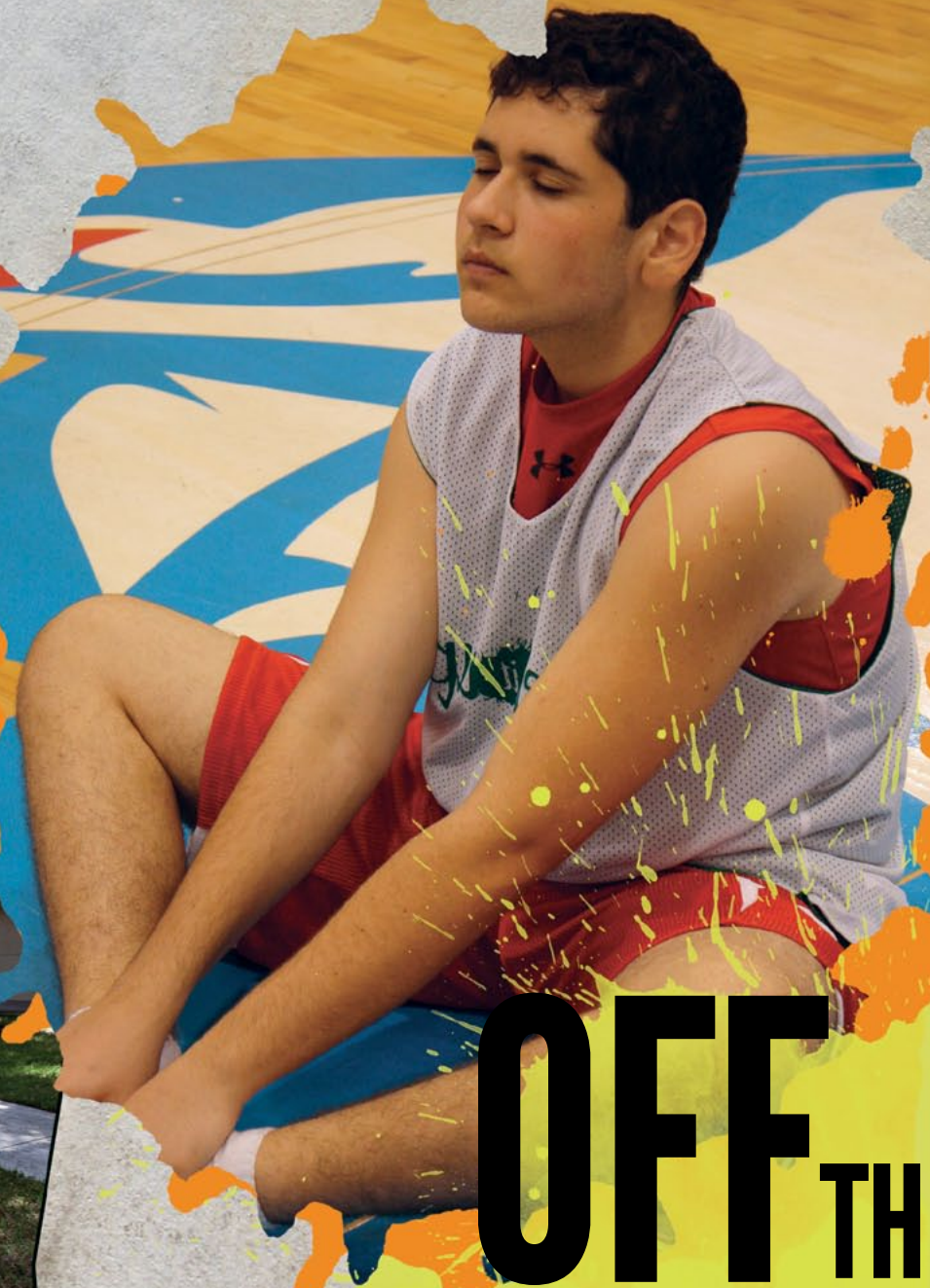
Our comprehensive training includes everything from position development to footwork. Drills and training develop agility and strength, while yoga and balance develop core muscles. Team sessions push each athlete to work as a cohesive unit.

At the end of the summer, we do a final assessment to track progress and give each athlete a blueprint of what to work on during the year. Going through a summer at Step It Up sleep away camp is the closest you can get to earning a degree in basketball; it's game-changing!



At Step It Up, we understand that an athlete's success is attributed to more than just his performance on the court. We strive to encourage mental strength, persistence, and determination among all of our athletes. Each athlete will be challenged to name his goals athletically and personally, as well as encouraged and supported throughout the program to reach his goals.

Daily classroom sessions teach basketball concepts, as well as life concepts such as goal setting and honesty. Through seminars on shaking hands, to interactive activities designed to build self confidence, to developing self-discipline by doing his own laundry and making beds daily, to learning the true meaning of service through action in the community, Step It Up makes sure that your child doesn't just pick up the fundamentals of basketball, but also the fundamentals of life.



OFF THE COURT



Summer is made for memories, so we make sure to schedule in unforgettable activities daily to make every moment count. Athletes also enjoy relaxing or playing a game of ping pong in the dorm lounge, while weekly field trips and evening activities include trips to the beach, scavenger hunts, bonfires, and much more!

TIME FOR FUN

UPSCALE FACILITIES

Step It Up Basketball Camp is located in West Palm Beach, Florida, on the beautiful Northwood University campus only miles from the sandy beaches of the Atlantic Ocean.

Northwood University boasts a beautiful campus tucked away in West Palm Beach, FL. Just minutes away from major airports and hotels, Northwood is easily accessible. From the fully air-conditioned, state of the art dormitories to our world class basketball facility, Step It Up Basketball Camp has first class accommodations for all of our campers.



You can breathe easy knowing that Step It Up has taken extra precautions to ensure the safety of your child while he is away from home.

The closed campus of Northwood University has 24/7 security with a guard gate at the only access gate to the university. There is an additional guard constantly monitoring the campus, and visitors are required to check in, so we can always have a handle on who is on campus.

In addition to Northwood University security, our coach to athlete ratio of one to five ensures that each child is well-monitored, while our camp mom keeps us in check, all day, every day!

Our full-time trainer is CPR/First Aid certified, and our staff is extensively trained in safety and risk management.

We're confident that we can provide your child a safe, memorable summer experience. Give us a call today to find out more about how you can step up your summer plans!

SAFETY YOU CAN COUNT ON

SIGN UP TODAY!

Step It Up Basketball Camp offers sleep away camps for athletes grades 5 through 12 in 4-week and 8-week sessions during the summer. Two-week sessions are also available. Athletes are grouped by grade and skill level.

To sign up, go to www.timetostepitup.com and fill out a camper application.

For the most elite basketball instruction and skill development, in a safe and caring environment, you only have one option:

It's time to Step It Up!



Step it up | BASKETBALL

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WEB www.timetostepitup.com