

J.GIO

HIGH SCHOOL TRAINING

Elite Summer Training for High School Girls



TRAIN WITH TWO DIVISION I ATHLETES

These sessions are run by two high-level Division I players who bring both **elite experience** and **incredible energy** as trainers. They are not only **talented athletes** — they are **amazing mentors** that girls instantly connect with. Players will **learn advanced skills**, **game awareness**, and **confidence** from athletes who have **played at the highest level** and understand what it takes to get there.

This is a high-level environment designed for serious players who want to **improve, compete, and grow.**



DETAILS

6:00 – 7:30 PM
4 Week Session

- June 29
- July 6
- July 13
- July 20



LOCATION

Neon Energy Sports
Oakland, NJ

Limited Spots Available

Register through the link in bio.

WHAT TO EXPECT

- ⚡ High level technical training
- ⚡ Speed & agility work
- ⚡ Position specific development
- ⚡ Game situation training
- ⚡ Mentorship from Division I athletes

