

# FALL WINTER BASKETBALL

## INSTRUCTIONAL TRAINING AND PROGRAMS



**Instruction**  
**Training**  
**Development**  
**Skills Building**  
**Conditioning**  
**Nutritional Guidance**



### COACHED BY

#### Octavio Gooden

Former  
 Head Coach Murry Bergtraum HS  
 Kingsborough College Asst. Coach  
 25 Years Coaching Experience

#### Gil Edwards

Director of Operations  
 PacPlex Sports Complex  
 Player-All City Honors  
 All Conference Honors

#### Kje Demas

Asst. Coach Nike  
 China Camps

#### 6 Week Sessions- \$275

9/12-10/21 Mondays & Wednesdays 4:30-6:30  
 10/31-12/23 Tuesdays & Thursdays 4:30-6:30

#### 6 Saturday Sessions- \$150

9/17-10A/22 10am-Noon  
 11/5-12/17 10am-Noon

#### Winter Break Holiday Camp \$ \$295

12/26-12/30 10am-4pm

**MLK Day Program**  
**Presidents Week Camp**  
**Spring Break Camp**

**1/16/17**  
**2/20-2/24**  
**4/10-4/18**

#### Transportation Available; Study Hall Options; Extended Hours

Please visit our website [www.pacplex.com](http://www.pacplex.com); call 718-209-1010 ext 120 or email [basketball@pacplex.com](mailto:basketball@pacplex.com) for more information