Dominic sets the pace at Berry Bootcamp!

As the stopwatch starts its slamdunkin’ from the trampoline…

A picture containing outdoor, building, man, riding

Description automatically generated

A person standing in front of a brick building

Description automatically generated

…followed by a spot of ball control through the dribbling poles…

A person playing frisbee in a yard

Description automatically generated

A young boy holding a football ball on a field

Description automatically generated

…and on to some power dips under the net..

A person that is standing in the grass

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A person jumping to catch a frisbee

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…as the legs begin to tire, the pressure is on with ‘bench hops’..

A picture containing grass, outdoor, fence, child

Description automatically generated

A person that is standing in the grass

Description automatically generated

.. then a steady hand with the badminton racket..

A person that is standing in the grass

Description automatically generated

A picture containing grass, outdoor, field, red

Description automatically generated

…and on to target football..

A person that is standing in the grass

Description automatically generated

A person standing in a yard

Description automatically generated

..and finally some super skipping….

A person in a yard

Description automatically generated

A picture containing grass, outdoor, ball, man

Description automatically generated

..before racing to the line for a spectacular finish!

A person that is standing in the grass

Description automatically generated

A person that is standing in the grass

Description automatically generated