

3rd – 8th Grade Basketball Skill Training Spring 2010

Please return all registration forms and payments to Portland City Hall (259 Kent St., Portland, MI 48875) by April 16, 2010.

Participant's Name _____

Address _____

City _____ **School** _____

Grade _____ **Gender** _____ **Age** _____

Parents Name _____

Email Address(Rec use only) _____

Phone: H: _____ **C:** _____

Available Sessions (Circle One):

*Times subject to change – sessions will be combined if necessary

*3rd-4th grade 5:45-6:45 pm *5th-6th grade 6:45-7:45 pm

*7th – 8th Grade 7:45-8:45

I hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the City of Portland, their respective agents or any facility used for this recreational program, for any and all injuries which may be suffered by my dependents in connection with my participation in said program. I further represent that I carry medical-hospital insurance and I understand that the City does not provide such insurance coverage for me. Photographs & videos may be taken at certain Parks and Recreation Department activities and unless The Parks and Recreation office receives written signed obligation, photos may be reproduced in department publications.

Parents Signature _____

Date _____



"CONCENTRATE ON THE FUNDAMENTALS"

From shooting a jump shot to throwing a chest pass, there is a fundamentally right way to do everything on a basketball court.

*A message from the
Jr. NBA/Jr. WNBA*



SKILL DEVELOPMENT TRAINING

Basketball University is your source for youth training and skill development. Our development program delivers an intense workout to improve fundamental techniques, knowledge and confidence. Our lead trainer has been recognized by the Jr. NBA/Jr. WNBA.

You Should Sign-up to . . .

- Improve your athletic skills & condition
- Prepare for basketball season
- Develop/expand proper techniques
- GET BETTER!

CORE TRAINING COMPONENTS INCLUDE

Basketball Conditioning • Agility, Speed & Quickness (ASQ) • Multi-Tasking Station Drills & Fundamentals:

- **Coordination**-Ability to move with the basketball
- **Basketball IQ** – Team & Individual Concepts
- **Shooting** – Mechanics, Off the Dribble, Catch-n-Shoot, Free Throw
- **Ball handling, Dribbling**, Passing, Receiving
- **Offensive/Defensive Movement** – Cutting, Closing Out & More
- **Positioning** – Sealing, Rebounding

PRICING & PROGRAMS

What: 4-week instructional training basketball program
1 hour session per week

When: Mondays, beginning April 19, 2010

Who: Boys & Girls 3rd grade–8th grade (beginners and experienced)

Available Sessions: 3rd & 4th Grades – 5:45

5th & 6th Grades – 6:45

7th & 8th Grades – 7:45

*Times subject to change – sessions will be combined if necessary

Location: Portland Middle School

Cost: \$15 (4 weeks of instructional training)

\$8 – Drop in rate (1 week of instructional training)

If you have any questions please contact Neil at 517.647.3207