

After School Basketball Fundamental Drills & Skills!

After School Basketball Conditioning & Fundamental Skills Training! Are you in Middle School and thinking about trying out for basketball this spring? If so, this club is for you! We are looking for those who are interested in preparing for this upcoming season and participating in MS Basketball. This after school club will meet on **Fridays from 3:30-4:30** led by Coach Nick. Nick has experience playing and coaching at the college and professional level with Guilford College and the Charlotte Hornets! Nick has worked with players like Kemba Walker & Stephen Curry! Nick brings passion for the game of basketball and will ensure that each player is receiving feedback each week on what they need to improve on to have the best chance at making the team. This is not guaranteed but will only help sharpen your skills and prepare your body for this upcoming season!

Each Friday, we will be incorporating drills covering:

- Ball Handling & Shooting Mechanics**
- Defensive footwork and principles - Strength & Conditioning**
- Guard & Post fundamentals - Offensive & Defensive IQ**

The club will meet each Friday after school starting September 4th!

When: 3:30-4:30 (September 4th- December 4th)

Cost: \$100.00 (10 total sessions)

Grades: 6th-8th (Max 25 players!)

Basketballs will be provided, but students are expected to bring their own water bottle and athletic clothes to change into after school.

