

Elmwood Trojans

Basketball Strength & Skill Development Clinic

When

June 18th, 19th, and 20th from 10:00-12:00

Where

High School Gym

Who

Boys & Girls entering the 6th, 7th, or 8th grade next year

Cost

\$20 (\$30 maximum per family)



What

This three day clinic will enhance participant's knowledge about the fundamentals of basic strength development and injury preventions, as well as basic basketball fundamentals. Participants will work through different agility, balance, and body weight exercises on the court to develop basketball specific strength development. Skill development drills will provide participants with a program to improve their individual fundamentals as they progress throughout their athletic careers, and participants will have the opportunity to work with "The Gun" Shoot-A-Way. Competitive contests and games with prizes will be incorporated as well.

Contact

Coach Fugitt

jfugitt@elmwood322.com

Cell: 390-360-6617

School: 309-742-2851

Name: _____

Parent or Guardian Names: _____

2017-2018 Grade In School: _____

Cell Phone #: _____ Email: _____ Other Phone #: _____

Secondary Emergency Contact: _____ Phone #: _____

I am fully aware that any medical, hospital, dental, or other expenses, which result from an injury at this basketball clinic to my child will be my sole responsibility.

Signature of Parent or Guardian: _____

Date: _____



Please make checks payable to **Elmwood High School**.
100% of the cost of this clinic is invested in the High School Boys Basketball program.