

GREAT NORTHERN BASKETBALL

Pre-Season Training

Get ready for the season! The good players will be wearing a jersey on November 14. The best players will see playing time in December. Go after your goals by preparing in the pre-season!

Training Sessions feature:

- Perimeter and Post skill work
- Ball handling
- Shooting Instruction
- GNB "Attack the Rim Series"
- Overall physical improvement

Our intense 60-minute training sessions are designed to improve the skill, confidence, and athleticism of youth basketball players.

Limit of 8 players/group! Sign up Today!

Contact Coach Johnson with questions regarding your small group session. info@greatnorthernbasketball.com

Details

Dates/Times: Oct 29, Nov 2, Nov 5, Nov 9
Grade 9 – Sat's at 8am & Wed's at 6pm
Grade 10- Sat's at 9am & Wed's at 7pm
Grade 11/12- Sat's at 10am & Wed's at 8pm

Location: Gladstone Middle School.

Cost: \$80 for 4 Sessions.

**Directed by Coach Matt Johnson,
Bay College.**

Child's Name: _____

Grade in 2016-17: _____ School: _____

Medical Conditions (if applicable): _____

Allergies (if applicable): _____

Parent's Name: _____

Cell Phone: _____ Home Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

I hereby confirm that my Child has health insurance. Neither the camp coaches, Gladstone Public Schools, nor Great Northern Basketball will be held liable for injuries incurred during the camp.

Parent/Guardian Signature: _____ Date: _____

Camp Fee: \$80 for 4 Sessions \$ _____

TOTAL ENCLOSED: \$ _____