

# Coach Matt's Skills, Drills & Play Basketball Program



7 Week Session That Runs Every Friday - June 29<sup>th</sup> - August 10<sup>th</sup>

Open to children and grandchildren of members

Registration deadline is Friday, June 15



Transit Valley is now offering a skills, drills & play basketball program for boys and girls. This program is designed to help each player develop their individual basketball skills. Each week we will focus on a variety of individual player skill development:



Ball Handling  
 Defense  
 Offensive Movement  
 Screening  
 Scoring Moves  
 Shooting  
 Passing  
 Toughness Drills  
 Footwork



Players: Incoming 4<sup>th</sup> – 8<sup>th</sup> grade boys and girls (Limited to 15 players maximum per session)

Workouts: Seven sessions on Fridays from 1:00 – 4:00 PM from June 29<sup>th</sup> – August 10<sup>th</sup>. Rained out sessions will be made up on the next available Friday in August.

- SESSION #1: Boys only - from 1:00 – 2:30 PM
- SESSION #2: Girls only - from 2:30 – 4:00 PM

Cost: \$105 per junior. All players will receive a Transit Valley Basketball t-shirt.

CHILD'S NAME	Date of Birth	Session		T-Shirt Size (Please circle)					
		#1	#2	Adult:	S	M	L	XL	
				Youth:	XS	S	M	L	XL
		#1	#2	Adult:	S	M	L	XL	
				Youth:	XS	S	M	L	XL
		#1	#2	Adult:	S	M	L	XL	
				Youth:	XS	S	M	L	XL
		#1	#2	Adult:	S	M	L	XL	
				Youth:	XS	S	M	L	XL

MEMBER NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ACCOUNT #: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

If Grandparent, please give parents name and phone number: \_\_\_\_\_

**Mail or drop off the forms at the Club Office:** Attention Matt Thormahlen Transit Valley Country Club  
 8920 Transit Road, East Amherst, NY 14051

**Phone:** 688-5857 **Fax:** 688-0835 **Email:** matt@transitvalley.com