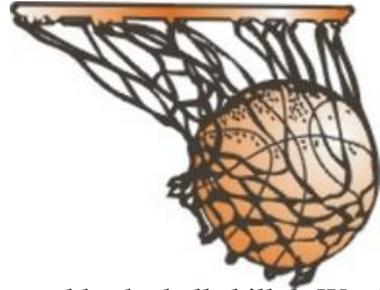


Pre-season Basketball Workouts

Grades 3 & 4; Grades 5 & 6 With Coach Mike Dutton



Are you a basketball player looking to improve or perfect your basic fundamental basketball skills? Would you like to receive specific, targeted coaching in a small group setting? The goal of the shooting session is to develop and fine tune the fundamentals of shooting, developing consistency and confidence. The session will start with form shooting, progressing to free throws and live shooting. Players will learn the mechanics of the proper technique and develop a system for shooting the basketball. The goal of all basketball players is to increase shooting percentage, hit open shots and improve accuracy. This session will teach the proper mechanics combined with the proper practice technique.

The second half of each session will focus on teaching young players how to play the game in the half court. Both defensive and offensive concepts will be stressed. Offensively, players will be taught fundamental concepts that include handling the ball without mistakes, shot selection, moving without the ball and helping your teammates get open. On defense, players will learn about pressuring the ball, contesting all shots, rebounding and communicating with teammates. **This 6 week program runs for 1 hour each Sunday from October 23 – November 27. Each 60 minute session is limited to 12 players. Sign up soon!**

Coach Dutton has coached basketball for over 26 years, men and women, high school and college players. He served as the Head Men’s Basketball Coach at Vassar College in NY for 14 years as well as working at numerous basketball camps and clinics around the country.

The Parks and Recreation Department encourages people with disabilities to register for this program.

✂ Detach & return with fee to the Brunswick Recreation Center, 220 Neptune Drive, by October 20. Office hours Mon-Fri 8 am- 4:30 pm ✂

BRUNSWICK PARKS & RECREATION DEPT.

Pre-Season Basketball Workouts

* FEE: Brunswick Residents - \$90 *Non-Res .- \$120

Please Print

Name _____ Date of Birth _____ Age _____

Street Address _____

Town _____ Zip _____

School _____ **GRADE** _____

Home Phone _____ Work Phone _____

Cell/Pager _____ Email _____

Emergency Contact, other than parent _____ Relationship _____ Day Phone _____

ALLERGIES/PHYSICAL or EMOTIONAL LIMITATIONS _____

| | |
|--|--|
| For Office Use | |
| Date: _____ | |
| Amt: _____ | |
| <input type="checkbox"/> 226200-01 Grade 3/4 | |
| <input type="checkbox"/> 226200-02 Grade 5/6 | |
| <input type="checkbox"/> Computer | |

As a parent, I give my child permission to participate in the Brunswick Parks and Recreation Department Pre-Season Basketball Workouts. I understand that photographs taken of Parks and Recreation Programs may be used by the Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

Signature of Parent/Guardian _____

Names of Parents/Guardians _____ (PLEASE PRINT)