



City Hoops Fall Basketball 2022

BOYS AND GIRLS 4TH - 12TH GRADE

PLAY, TRAIN, COMPETE

Open Run training sessions begin August 17-18th.

Time: 7pm- 8:25

Sessions will be twice a week until mid-October (attend as many as you choose).

Sunday League playing dates: September 18th, 25th, October 2nd, 9th (option to play 2, 3 or 4 Sundays).

OPEN RUN TRAINING SESSIONS 85 MINUTES. FORMAT IS:

- **5 MINUTE WARM UP**
- **30 MINUTE SKILL STATIONS**
- **20 MINUTE TEAM CONCEPT DRILLS**
- **30 MINUTES GAME PLAY**

DEDICATED BASKETBALL PLAYERS LOOKING FOR INTENSE AND DEMANDING TEACHING AND TRAINING.

PREPARE FOR THE UPCOMING BASKETBALL SEASON.

WORK TO IMPROVE INDIVIDUAL SKILLS AND TEAM DEVELOPMENT.

SELECT YOUR OPTIONS:

- 1. OPEN RUN TRAINING SESSIONS ONLY \$125.**
- 2. PLAY 3 SUNDAYS PLUS OPEN RUN \$235.**
- 3. PLAY 4 SUNDAYS PLUS OPEN RUN \$260.**

Open Run registration is ongoing until full. Registration for roster spot on league team is August 24th or until roster is full.

To register, or to request or confirm placement on a team, email Dave at dave.hoopcity@gmail.com or text Dave at 715-379-6822.

Other opportunities coming soon: 360 shooting class, private sessions and small group training.

Feel free to email, text or call Dave with any questions.

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Player name _____ Age ____

Male / Female

Parent / Guardian name _____

Phone number _____ School _____

Please check your preferred option below:

_____ Option 1 _____ Option 2 _____ Option 3