



Led by **High School Coaches & Senior Athletes**

**\$175 • 6 SESSIONS**

**LOCATION: HERITAGE WOODS SECONDARY**

**TWO GROUPS • MONDAYS**

**Grade 6/7 • 3:45 PM – 5:15 PM**

**Grade 7/8 • 5:30 PM – 7:00 PM**

**90 MINUTES OF PURE DEVELOPMENT**

**45 MINUTES  
SKILL DEVELOPMENT**

- Ball Handling
- Shooting Mechanics
- Footwork
- Defensive Fundamentals

**45 MINUTES  
COMPETITIVE GAMEPLAY**

- Game Situations
- Decision-Making
- Team Concepts
- Live Scrimmages

**BUILD SKILLS.  
COMPETE HARD. GET BETTER.**

**SCAN HERE  
TO REGISTER!**

