



JABOGS

Girls Basketball

Spring

Training



JABOGS Basketball is running basketball training for girls in grades 3, 4 & 5 in the month of June. The once a week sessions will be coached by Paul Langford, who has over 40 years of coaching experience at various levels and is currently the head coach of the Senior Girls Basketball team at Riverside Secondary. JABOGS Basketball has been successful for over 20 years in its commitment to providing opportunities for girls to train and develop as basketball players. The program has trained and developed many successful female basketball players who will also assist at the training sessions.

Training sessions are focused on developing fundamentals and team play, including dribbling, ball handling, shooting and passing. Athletic development, value of teamwork and beginning to instill a love for the game of basketball will also be encouraged. No experience necessary. Any girl with an interest in basketball is encouraged to participate!

When: Wednesdays 5pm-6:30pm

Where: Riverside Secondary School (2215 Reeve St, Port Coquitlam, BC V3C 6K8)

Dates: June 12th, 19th & 26th

Who: Grade 3, 4 & 5

Cost: FREE

If interested, please contact JABOGS coach, Desha Puri, at desha.puri@gmail.com