



**TAKE CHARGE HOOPS
MINI FALL BASKETBALL CLINIC**

The Shrewsbury High School Boys Varsity Basketball Coaches, Adrian Machado and Gerry Nowosacki will be sponsoring 2 Saturday morning Basketball clinics. The focus will be on individual skills to be incorporated within the game/ scrimmage process.

*** THE PROGRAM IS FOR BOYS AND GIRLS IN GRADES 3rd THROUGH 12***

Where: Shrewsbury High School Field House

When: (Saturday 9/24/2022 and 10/1/2022)

Time: Daily sessions will run from sign in at 8:30 and program From 9:00AM to 12pm

Cost: Total cost of the program will be \$75.00 \$10.00 discount for Siblings

Our Philosophy: "Good competitive skills influence values for a good student athlete, and hard work promotes success."

The clinic will be conducted using groups based on grade level and gender where appropriate.
Coaches Machado and Nowosacki will coordinate all activities.

The daily routine will consist of:

- ☐ Warm up techniques and conditioning
- ☐ Drill stations for skill development
- ☐ Group instruction and demonstrations for individual and team strategies

*******THIS IS NOT A SCHOOL SPONSORED PROGRAM*******

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NAME: _____ **Shirt size** ____ **Age** ____ **GRADE:** _____

ADDRESS: _____ **TELEPHONE:** _____ **E-Mail:** _____

I, Parent/Guardian agree by enrolling my child is physically and mentally able to participate in all of the clinic activities. In case of a medical emergency and I cannot be reached, I hereby give permission to the staff to pursue emergency medical services to secure appropriate medical treatment for my child. I understand that my medical insurance is expected to cover my child for injuries.

Name of your Medical Insurance Company: _____

Signed: _____ **Date:** _____
Parent/guardian

TUITION: \$ 75.00 (\$ 10 reduced rate for siblings)
Mail checks to: TAKE CHARGE HOOPS
21 Shepard Lane
Shrewsbury, MA. 01545

CHECKS PAYABLE TO: TAKE CHARGE HOOPS
Questions? Contact
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