



TAKE CHARGE HOOPS
18th ANNUAL FEBRUARY VACATION CLINIC

The Shrewsbury High School Boys Varsity Basketball Coaches, Adrian Machado, Gerry Nowosacki will be sponsoring a 3-day basketball clinic. The focus will be on individual skills through the use of time oriented drill stations. It's essential to sign up early due to time constraints and space.

*** THE PROGRAM IS FOR BOYS AND GIRLS IN GRADES 3rd THROUGH 8TH ***

Where: Shrewsbury High School Field House

When: **MONDAY thru WEDNESDAY (2/19 thru 2/21/2018)**

Time: Daily sessions will run from sign in at 9:30 and program from 10:00 AM to 1 PM

Cost: Total cost of the program will be \$75

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 with the support and assistance of **our players and Area High School Coaches** who will demonstrate and provide instruction to meet learning expectations.

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*******

TAKE CHARGE HOOPS BASKETBALL CLINIC

NAME: _____ **M** ____ **F** ____ **AGE:** _____ **GRADE:** _____

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

I, Parent/Guardian agree by enrolling my son/daughter that he/she 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 (\$ 5.00 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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