



GROUP WORKOUTS

Youth program focused on basketball skills and athletic development.

- » Ball handling development-control and strength drills along with game situation
- » Footwork development - in the post and on the perimeter
- » How to score in a team concept
- » Finishing at the basket - variations and repetition
- » How to be a good passer - mentality, skill, and awareness
- » Defensive attitude, awareness, and technique – on ball and off ball
- » Transition work-dynamics of a good break and conditioning
- » Basketball specific agility and strength exercises
- » Shooting development and increasing scoring moves/options
- » Developing toughness, effective communication habits, and a competitive attitude

Boys and Girls Together

HARDWOOD ACADEMY GROUP WORKOUTS on TUESDAY and THURSDAY at the Kalona YMCA Rec Center

Sessions run from 4pm-5pm

Ages 8yr and up

Two Purchase Options

Program Punch Card - 5 Total Sessions (punches): \$50- Y Members \$75-Non Member

Program Punch Card - 10 Total Sessions (punches): \$75- Y Members \$125- Non Member

Each card purchase receives wrist band.

Make Checks Payable to YMCA of WASHINGTON COUNTY IOWA

Hardwood Academy Group Workouts - Registration Form

NAME: _____ CELL PHONE: _____

PARENT/GUARDIAN'S NAME: _____ CELL PHONE: _____ (used for "REMIND

APP") EMAIL: _____ ADDRESS: _____

GRADE: _____ MALE FEMALE (CIRCLE ONE) SHIRT SIZE: YM YL AS AM AL AXL

* I understand the physical activities in which my child participates in with the Washington Community Y. I agree to assume all liability and release the Y and any other associated parties from any liability for the risk of injury, illness or death on account of my child's presence in this program.

(Parent's Signature)

PHOTO RELEASE: I give permission to the YMCA OF WASHINGTON COUNTY to use, without limitation or obligation, photographs, film footage, or tape recordings which may include mine or my family's image(s) or voice(s) for purposes of promotion or interpreting YMCA programs.

(Parent's Signature)