

PITTSBURGH PRIDE HOOPS BASKETBALL TRAINING



Since 2006 **PITTSBURGH PRIDE HOOPS'** primary focus has always been to develop the basketball skills and fundamentals of our players. We want to help our players become the very best basketball players that they can be.

We currently have the following two weekly programs in progress every Sunday:

ADVANCED BASKETBALL TRAINING (GIRLS & BOYS GRADES 8 – 12)

The goal of this HIGHLY-ENERGETIC & ADVANCED training program is to challenge the players and push them out of their comfort zones so that they can maximize their abilities on the basketball court.

BASKETBALL SKILLS TRAINING (GIRLS & BOYS GRADES 4 – 7)

The goal of this training program is to help the players build a strong basketball skill set so that they can become fundamentally sound on the basketball court.

We will use a variety of creative drills so that the workouts are always challenging and engaging.

These programs will help players make strides in the off/pre-season and then also get them some important supplemental drill work during their team's regular season.

WE WANT TO HELP PLAYERS ACHIEVE THEIR BASKETBALL GOALS

Day/Time:

SUNDAY (*These training programs will take place every Sunday*)

Advanced Basketball Training **9:30am – 10:45am**

Basketball Skills Training **11:00am – 12:00pm**

Dates and times are subject to minor changes

Location: Turtle Creek Rec Center Gym, 501 Hunter Street, Turtle Creek, PA 15145

Cost: **\$15 per workout**

Players are able to attend workouts on a week-to-week basis and just pay as they go.

PLAYERS SHOULD BRING A BASKETBALL.

If your son/daughter is interested in attending a program, please send an email to tbrush71@comcast.net prior to the training session (for headcount and planning purposes). Players will be registered at the door.

For more information, please contact:

Tom Brush **(412) 403-5947** tbrush71@comcast.net

www.pghpridehoops.org

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Players will be registered at the door. Please send an email (tbrush71@comcast.net) to let us know if your son/daughter is planning to come to this program. The email will just help us for headcount and planning purposes.

I hereby approve of my child's participation in this Pittsburgh Pride program. I certify that he/she is in good health and able to participate in all activities. If you are unable to reach me, I authorize the Pittsburgh Pride coaching staff to act on my behalf according to their best judgment in any emergency requiring medical attention for which service I will pay. I hereby waive and forever release the Pittsburgh Pride directors and coaching staff, or any facilities that are used from all liability for any injuries or illnesses incurred while participating in basketball activities. Please attach a note explaining any physical limitations, medical conditions, and or required medication.

Player Name: _____

Grade: _____

Parent
Name/Signature: _____

Phone Number: _____

Email Address: _____