

TO ALL CYO FAMILIES

SAINT JOSEPH NOTRE DAME HIGH SCHOOL

IS HOSTING COMPLIMENTARY DROP IN BASKETBALL SKILLS CLINICS FOR ALL REGISTERED CYO PARTICIPANTS

OUR HIGHLY TRAINED AND SKILLED STAFF WILL HELP TEACH AND DEVELOP INDIVIDUAL SKILL, SPORTS SPECIFIC CONDITIONING AND MOST IMPORTANTLY TEAM CONCEPTS. WHETHER YOU'RE JUST STARTING OUT OR A POTENTIAL VARSITY ATHLETE THESE CLINICS ARE FOR YOU!

OUR CLINICS ARE DESIGNED TO HELP YOU WITH WHATEVER YOU NEED, YOU CAN COME FOR 15 MINUTES TO GET TIPS ON SHOOTING OR STAY FOR THE WHOLE TWO HOURS AND GO THROUGH ALL THE SKILL STATIONS.

SKILL STATIONS AT EACH CLINIC WILL INCLUDE BALL HANDLING, SHOOTING, PASSING, HOW TO GET OPEN AND HOW TO BREAKDOWN YOUR OPPONENT ONE ON ONE. AT THE CONCLUSION OF EACH CLINIC THERE WILL BE 30 MINUTES OF OPEN GYM TO WORK ON YOUR GAME.

DATES AND TIMES OF CLINICS:

BOY'S BASKETBALL: WEDNESDAY OCTOBER 17TH 7PM-9PM

GIRL'S BASKETBALL: MONDAY FEBRUARY 4TH 7PM-9PM

DOORS OPEN AT 6:45PM

FOR FURTHER INFORMATION PLEASE CONTACT

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