



PRE-SEASON GROUP WORKOUTS

PRE-SEASON HOOP WORKOUTS FOR BOYS & GIRLS GRADES 4 - 12

DATE/TIME:

Sep 29 - Oct 27

Fridays - 5 Weeks

6-7:30 pm, Grades 4-8

7:30 - 9 pm, Grades 9-12

LOCATION:

East Greenwich High School

300 Avenger Drive

East Greenwich, RI 02818

PLAYERS:

Boys & Girls, Grades 4-12

PRICE:

5 Weeks: \$100

Single Workout Rate: \$25

Sibling Discount:

\$25 off 5 Week Rate: \$75

\$5 off Single Workout Rate: \$20

SIGN-UP WITH A CHECK:

Mail form and check made out to:

Batastini School of Basketball

PO Box 28056, Providence, RI 02908

SIGN-UP ONLINE:

Click on "register online" at:

www.schoolofbuckets.com

CONTACT US:

401.646.HOOP

@BSBball on Twitter/Instagram

FEATURES:

SHOOTING

Increase shot range, quickness, form, develop jump shot and in-between game
Three-point accuracy, free throw consistency

1 ON 1 SKILLS

Ball-handling, slashing and finishing, passing and cutting

Reading the defense and reading screens

Position-specific skills: post, guard, point guard play

COURT MOVEMENT

Agility, quickness, and lateral speed

Defensive and offensive footwork

Conditioning and balance

COACHING STAFF:

Workouts will be led by Christina Batastini who played/coached professionally in Europe, played for #1 ranked Stanford University, coached at Brown University, and was a high school Parade and Nike All-American. She has a Masters in Education from Harvard. She will be joined by former college players and the top high school coaches in the area.

SIGN-UP:

NAME: _____

AGE: _____ GRADE: _____

ADDRESS: _____

EMAIL: _____

CELL PHONE: _____

I WAVE AND RELEASE BATASTINI SCHOOL OF BASKETBALL AND ANYONE ASSOCIATED WITH THE CAMP OR WORKOUT FROM ANY LIABILITY FROM INJURY, ACCIDENTS, MEDICAL, OR DENTAL EXPENSES INCURRED AS A RESULT OF PARTICIPATION. I, AS PARENT/GUARDIAN, HAVE ACTUAL KNOWLEDGE OF THE PARTICULARS OF THE PROGRAM, HEREBY VOLUNTARILY CONSENT TO SAID MINOR'S PARTICIPATION AND ASSUME THE RISK ARISING THEREFROM. I HEREBY GIVE MY CONSENT FOR EMERGENCY MEDICAL TREATMENT IN THE EVENT I CANNOT BE REACHED.

PARENT SIGNATURE: _____