

# Lady Lancer Hoop Clinic

The Lady Lancer Hoop Clinic aims to provide youth players an opportunity to learn the game of basketball in a fun, safe, and competitive environment. The clinic will focus on teaching players individual fundamental skills as well as the team concepts of the Norton High School Girls Basketball Program.

Coach Langmead is entering his 6th season as the Varsity Girls Basketball Coach. He has twelve years of high school coaching experience, as well as experience coaching AAU. The high school girls basketball team is coming off of their most successful season in eighteen years.

Proceeds of the Lady Lancer Hoop Clinic will go to the Norton High School Girls Basketball Boosters.

*Every player will  
receive a t-shirt*



# 2017 Lady Lancer Hoop Clinic



Who: Girls Entering Grades 4- 9

Norton Residents Only

When: June 26th - June 29th

9:00 - 12:00 (Mon. - Thur.)

Where: Norton High School



**Typical Lady Lancer Hoop Clinic Day**

- 8:30-9:00 Drop Off and Shoot-a-Round
- 9:00 Full Court Warm-up
- 9:15 Dynamic Stretching
- 9:25 Full Court Competitive Drill
- 9:40 1/2 Court Skill Station
- 10:00 Competitive Games
- 10:20 Point of Emphasis Lecture
- 10:30 Point of Emphasis Drills
- 11:00 Team Scrimmages/Games
- 12:00 Closing and Dismissal

*"A great experience for any youth player in Norton!"*

<u>Dates and Times</u>	<u>Where</u>
June 26th-June 29th	Norton High School
9:00-12:00	<u>Bring</u>
8:30-9:00 Drop-off	Water & athletic wear

Pricing  
 \$75 if registered prior to May 31st  
 \$100 if registered after May 31st



**Lady Lancer Hoop Clinic Staff**

**Coach Dan Langmead**  
**Girls Varsity Basketball Coach**  
**daniellangmead@norton.k12.ma.us**  
**(508) 641 - 1155**  
*Current/former Lancer players and coaches*

*"they loved the clinic!"*



Please make checks payable to:  
**NHS Girls Basketball Boosters**  
Please drop off or send completed form with check to:  
 Lady Lancer Clinic  
 c/o Director—Dan Langmead  
 Norton High School  
 66 West Main Street  
 Norton, MA 02766

**Lady Lancer Hoop Clinic Registration**

Pricing:  
 Register prior to May 31st: \$75  
 Register after to May 31st: \$100

Player Name:	
Age:	D.O.B.:
Grade Fall 2017:	
Guardian Name(s):	
Address:	
Email:	
Phone:	
Emergency Contact:	
Medical Concerns (please attach):	
<p>Parent or guardian signature is required. The applicant is in good health and able to participate in the physical activity of this program and has sufficient medical coverage in the event of a physical injury. The clinic has my permission to provide emergency medical care in the event that my daughter is injured or ill. I also release One Team One Goal Basketball, Norton Girls Basketball Boosters, Lady Lancer Clinic staff and those associated with the program of any liability. I give permission for the staff to take photographs of my daughter for future promotional materials.</p>	

X \_\_\_\_\_  
 Parent/Guardian Signature