

Foothill Girls Basketball presents



2015 Fall Skills Prep – Sunday Series

Location: Foothill High School - Main Gym
4375 Foothill Rd. Pleasanton,
Time: 3:30 to 5 pm - 3rd to 8th Grade
Dates: September 27, October 4 and October 11

Fundamental Skill Stations:

- Ball-Handling/Passing/Catching
- Shooting
- Offensive Attack/Team Offense
- Rebounding/Pivoting
- Basic Man-to-Man Defensive Skills
- 3 on 3 Game Competition

Cost: \$20 per individual session or \$50 for all three sessions: Cash or check: Please make checks payable to Gina Lyng. Proceeds will go back to FHS Girls Basketball.

Please arrive 15 minutes early to register and check-in; bring your own water, ball and wear proper basketball shoes; **Please contact Gina Lyng at ginalyng@mac.com or 699-3017 to pre-register for session(s) so we can prepare staff for numbers and send reminder notices prior to each session**

Registration Form: 2015 Fall Skills Prep will be directed by Gina Lyng and Terri McMorrow

Player: _____ Parent Email: _____

Team/Coach: _____ Grade: _____

Please note all sessions or individual (list)

Individual Session Dates: _____

All Sessions (yes or no): _____