



Brownsburg Basketball



ELITE BASKETBALL TRAINING

Training and Skill Development Inspired by high school & college workouts

We have identified a growing number of young players searching for the next level in player development in the Brownsburg community. Please join our basketball staff, youth coaches and players in a 12 session training program designed to grow your son in all areas of athletic development. Workouts will be planned & copied for your player to take home and use on his own. Use of video, strength training, nutrition analysis, and skill development techniques will be shared with your camper. Parents are welcome.

Sample Workout:

Monday: Ball Handling, Speed & Agility, Finishing w. contact, competition (1v1), video teaching
Thursday: Shooting, Defensive movement, core strength, passing, competition (3v3), nutrition

Dates: April 4, 7, 11, 14, 18, 21, 25, 28, May 2, 5, 9, 12 (Mon. & Thur. April-May)

Grade/Time: Current 3rd – 7th Grade: 6-7 pm

Location: BHS Varsity Fieldhouse

Cost: \$60.00 per camper (all 12 sessions) or \$10 per session

Additional flyers can be found at: <http://www.brownsburgathletics.com/information/camps>

Please make checks payable to: BHS Boys Basketball



Please cut & return with payment to: Coach Lynch, BHS Athletics, 1000 S. Odell Street, Brownsburg, IN 46112

Player(s) Name: _____

Address: _____

Phone: _____

Parents Email Address: _____

Parent/Guardian: _____

Cell Phone: _____

Grade(s): _____

As the Parent/Guardian of _____, I hereby approve of his participation in the Brownsburg HS Basketball Elite Training Camp. The signature on this form indicates that I accept full responsibility for any and all injuries or damages received by the participant. I hereby waive and release the coaches and camp workers from any and all liability due to illness or injury incurred while participating in or traveling to/from this camp.

Parent/Guardian Signature _____.