



BASKETBALL

PROGRAMS AT THE PARAGON - FALL 2018

FALL LEAGUE - PLAY ON A FURY TEAM - there is not another fall program in the area that offers a league with a training component. Players will receive a minimum of two games per game day, one weekly team practice and one weekly skills training session. The goal of the league is to give players a chance to grow and gain experience while they prepare for their winter seasons. Register by 8/25!

WHEN: Visit the website for specific dates - both Youth and High School leagues will run in September/October. Practices/trainings will be during the week and games will be on Sundays.

PLAYERS: Boys and girls in grades 4th - 12th

COST: \$255 per player

Please come to the Placement Practice on Sunday, August 26; grades 4th -8th from 6 - 7 p.m. and grades 9th - 12th from 7 - 8 p.m.

HOOPS GROUP - this a skills program that advances players by teaching the fundamentals of the game based on the USA Basketball Development program. The instruction will involve offense and defense concepts. There will be three groups: Biddy, Intermediate and Junior. Register by 9/3!

WHEN: Wednesday: September 5, September 12, September 19, September 26, October 3 and October 10. Biddy: 5:30 - 6:30 p.m. and Intermediate and Juniors from 6 - 7 p.m.

PLAYERS: Boys and girls in grades K - 3rd (Biddy), 4th, 5th and 6th (Intermediate) and 7th and 8th (Junior)

COST: \$105 per player.

SMALL GROUP TRAINING: VERTIMAX - a unique training using the Vertimax Platform to offer high level conditioning for elite performance gains targeting the vertical jump, acceleration, top-end speed and sport-specific movement using band resistance and form training. This training is excellent for all athletes and also those recovering from injury. Register by 9/3!

WHEN: Wednesdays: September 5, September 12, September 19, September 26. For grades 7th - 8th: 6 - 7 p.m. and grades 9th - 12th: 7 - 8 p.m.

PLAYERS: Boys and girls in grades 7th - 12th

COST: \$110 per player

SMALL GROUP TRAINING: FROM THE FREE THROW LINE - this training will teach and/or reinforce the basics of the free throw shot, but also challenge the player in a stressed environment. Register by 9/3!

WHEN: Wednesdays: September 5, September 12, September 19, September 26 from 6 - 7 p.m.

PLAYERS: Boys and girls in grades 7th - 8th

COST: \$80 per player

HIGH SCHOOL ADVANCED SKILLS & CONDITIONING - is designed to take a high school player's game to the next level and help them prepare for their upcoming season. Register by 9/8!

PLAYERS: Boys and girls in grades 9th - 12th

WHEN: Mondays: September 10, September 17, September 24, October 1, October 8 and October 15 from 7:30 - 9 p.m.

COST: \$105 per player

PERFECT YOUR SHOT - a hands on shooting program that will help correct, teach and improve a player's shot. Register by 9/14!

WHEN: Sundays: September 16, September 23, September 30 and October 7 from 11 a.m. - 12 p.m.

PLAYERS: Boys and girls who are entering grades 4th - 12th (players will be split into smaller groups by grade).

COST: \$80 per player

All trainings, practices and games (except High School Fury League) will take place at the Paragon: 1590 Albon Road, Suite 12, Holland, OH 43528.

For additional information and to register and pay online visit www.glasscityathletics.com! There will be no refunds.

Full program details and coaching backgrounds can be found on the website, too!

For more information contact Dana Hooper:

☎ 419-261-0067 ✉ dahooper@roadrunner.com

🌐 www.glasscityathletics.com 🏠 The Paragon, Suite 12
1590 Albon Rd Holland, OH 43528