



SMALL GROUP BASKETBALL TRAINING



SEPTEMBER: FROM THE FREE THROW LINE

This one of a kind skill specific training will break down the free throw shot for the players. This training will teach and/or reinforce the basics, but also challenge the player in a stressed environment. This program is under the direction of former University of Toledo All MAC player and former 12 year professional, Coach Florentino Valencia. Coach Valencia will help develop the players understanding of the system that is needed to solidify a great free throw shot. He is also the Assistant Coach at Start High School.

- PARTICIPANTS:** Boys and girls in grades 7th - 8th
- TRAINING DATES:** Wednesdays: September 5, September 12, September 19, September 26
- TIME:** 6 - 7 p.m.
- LOCATION:** The Paragon: 1590 Albon Road Holland, Ohio 43528
- COST:** \$80 per player
- REGISTER:** Complete the paperwork below or pay online at glasscityathletics.com.
Registration closes September 3, 8 a.m.

This training limited to the first 8 players. Register early! There will be no refunds issued.

For more information contact Dana Hooper:

☎ 419-261-0067 ✉ dahooper@roadrunner.com 🌐 glasscityathletics.com 🏠 The Paragon, Suite 12
1590 Albon Rd Holland, OH 43528



SMALL GROUP - SEPTEMBER FROM THE FREE THROW LINE 2018 - SIGN-UP FORM

Athlete's Name: _____ Gender: M / F _____ Date of Birth: _____

Grade: _____ School: _____

Address/City/State/ZIP: _____

Parent's Name (s): _____

Parent's Email: _____ Parent's Cell Phone: _____

Amount Enclosed (please make checks payable to Glass City Athletics): _____



Please mail form and payment to:
Glass City Athletics 1590 Albon Road Suite 12, Holland, Ohio 43528