

To register, complete application below, and mail with fee to: *In The Zone, 6870 Chrisphalt Drive Bath, PA 18014*. Lesson credits do not carry over to other programs. No refunds for unused credits at the end of the program.

Name _____

Parents' Names _____

Address _____

Phone _____ DOB _____

E-mail _____

Age on Sep 1 _____ Grade in Sep '09 _____

Lessons: _____ Total Cost _____

Sessions attending (Please circle dates):

	Sun	Tue	Fri
Sep	13, 20, 27	15, 22, 29	18, 25
Oct	4, 11, 18, 25	6, 13, 20, 27	2, 9, 16, 23, 30
Nov	1, 8, 15, 22		6, 13, 20
Dec	6, 13, 20		4, 11, 18
Jan	3, 10, 17, 24, 31		8, 15, 22, 29

Consent and Waiver:

I certify that my son/daughter _____ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at the In The Zone Basketball Club.

I authorize the staff of In The Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In The Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

Signature of Parent/Guardian _____ Date _____

Tournaments 2009

- ❖ Thanksgiving Tune-up Nov 27-29
- ❖ Holiday Hoopla Dec 26-30

Basketball Camps 2009

Perimeter Player Camp; June 22-26, 2009

For guards and small forwards: over 50 offensive moves and more than 60 ball handling drills. Also passing, shooting, reading defenses, scoring off screens and much more.

Big Man Camp; July 6-10, 2009

For Power Forwards and Centers: Over 35 offensive moves and over 20 reads. How to play in the paint, offensive moves, drop steps, Shaq spins, rebounding, passing from post, posting up, sweeps, drop steps.....

***** **NEW** *****

Shooting Camp; July 27-31, 2009

Build or refine your shot from the ground up and then practice, practice, practice. Shoot off dribble, off pass, step backs, 1-2, hops etc. Plus practice guidelines. Goal is 5000 shots in 5 days.

***** **NEW** *****

Youth Fun and Fundamentals Camp

Playing games, learning basketball and having fun!! Dribble tag, shark and minnows, red light/green light, keep away—all while learning the game. *July 13-17, 2009*

Scrimmage Camp; August 3-7, 2009

Camp weaves instruction and games. Individual moves then 1 on 1, pick and roll then 2 on 2, moving without the ball then 3 on 3 working up to 5 on 5 scrimmages.

**Basketball
Skills and Drills
at**

In the Zone



Athletics

Sep '09-Jan '10



In the Zone

**6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605**

www.inthezonesports.biz

In the Zone Basketball Club will be conducting basketball skills and drills sessions Sep 2009 through Jan 2010 for boys and girls grades 4-10. These sessions are for players who are serious about improving their game.

The primary focus of this program is to develop and refine individual offensive skills.

During the regular season, most teams only get to practice 1-2 times a week. Often coaches are busy putting in plays, setting up team defenses and offenses, breaking presses and the type of team drills necessary to function as a team. Little time is left for developing individual skills like ball handling and shooting. In the Zone's Skills and Drills program intends to fill this void by focusing its practice sessions on individual skill development—primarily ball handling and shooting.

Lessons

The club will conduct lessons 3 times a week from Sunday Sep 13 to Sunday Nov 1 and then drop back to twice a week from Nov 1 to Jan 31.



From 9/13 to 11/1, lessons will be:

Tuesdays 6:00-7:30
 Fridays 4:00-5:30
 Sundays 6:30-8:00

From 11/2 to 1/31/10, lessons will be:

Fridays 4:00-5:30
 Sundays 6:30-8:00



The typical lesson will consist of:

- About 30-40 minutes of ball handling and passing drills
- About 30-40 minutes of shooting and offensive drills
- About 10-20 minutes of speed, agility and quickness training and explosion exercises.

Registration Fees:

Total amount due is based on the number of lessons each player plans on attending (Total of 43 Lessons):

# Lessons	Cost
1-4	\$13.00 ea
5-9	\$11.50 ea
10-19	\$9.75 ea
20-29	\$8.50 ea
30-43	\$6.50 ea

Players will purchase a membership that is good for a certain number of lessons. As they attend a lesson, the card will be “punched” reducing the value of the card by one lesson. A lesson credit can be used for any regularly scheduled session. In order to

make sure we have enough instructors at each lesson, players need to sign-up in advance for each lesson they plan on attending. There is no penalty if you sign up for a lesson and do not make it

****Content coming soon.....