

BASKETBALL "BOOT CAMP"

SPONSORED BY STRAIGHT SHOOTERS

Director: Brian Fruscio – Canterbury School



"GET READY FOR TRYOUTS and Get a step up on the competition!"



Work hard to gain an edge. We will run two sessions of two-hour workouts for 5 Sundays in the Fall. **Open to boys and girls grades 4 thru 9.** The first half-hour of the workout will be designed to make you more agile and faster. The next one and one-half hours will be nonstop basketball skill development to make you a better player. The sessions will be limited to a 10 to 1 ratio - *so sign up early.* (30 kids per group) (There will be more sessions when there is interest.) The Cost will be \$200.00 and all sessions will be at CSA-New Milford. Please make the

Highlights

- Camp T-Shirt
- 2 ½ hours of speed and agility training
- 7 ½ hours of small group basketball instruction
- Work with a coach that will get you mentally ready for the season
- Work with Premier Basketball Development coaches

Brian Fruscio: (518) 376-6152 cell

Dates: (5 Sundays)

First session

9/10, 9/17, 9/24, 10/1, 10/8

Second Session

10/15, 10/22, 10/29, 11/5, 11/12

Workout Times: 5 pm to 7 pm includes OPEN GYM Mon-Wed 4-6pm

All Sessions are at CSA (32 Still River Drive, New Milford CT)

Basketball Boot Camp

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone # _____

E-mail _____

Age: _____ DOB: _____

Height _____ Grade / School _____ / _____

Circle One: (Camp T-shirt)

Sm M L XL XXL

I certify that my child/ward has permission to participate in The Basketball Boot Camp sessions (Straight Shooters CVC Inc) including all activities during the fall of 2023. I understand that he/she will be subject to the regulations of the program. I understand that should a health emergency arise, I will be notified. If I cannot be reached by telephone, I authorize medical treatment that a competent medical professional deems necessary. I also understand that before my child will be allowed to participate, I will need to sign an activity waiver.

Signature of Parent/Guardian and Date

Office Use Only:

PYMT _____ Cash _____ Check \$ _____ Check # _____ Venmo _____

Payment – can be made by check made out to Straight Shooters CVC Inc) sent to address below) or VENMO to @Brian-Fruscio

Mail **ALL** applications to:

Brian Fruscio

101 Aspetuck Ave

New Milford, CT 06776

Phone: (518) 376-6152

E-mail: coachfrusc@yahoo.com