



# INDIVIDUAL BASKETBALL WORKOUT PLANS

INDIVIDUAL SKILLS TRAINING FOR ALL POSITIONS INCLUDING SHOOTING, BALL HANDLING, FOOTWORK, DEVELOPING A HIGH BASKETBALL IQ, AND MORE. PLAYERS WILL BE GIVEN DRILLS TO IMPROVE SKILLS AND PERSONAL WORKOUTS SPECIFIED FOR EACH PLAYER.

INDIVIDUAL TRAINING  
\$20 PER HOUR.

SMALL GROUP  
\$10 PER HOUR.

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**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# Weeks Workouts

Please fill out the form below for basketball training and conditioning.

**INDIVIDUAL**  
**\$20**  
**Per person**  
**Per hour**

**SMALL GROUPS**  
 (2-6 people)  
**\$10**  
**Per person**  
**Per hour**

Please indicate:

Individual Training  Group Training

Name (or Group Captain) \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address \_\_\_\_\_ # of people in Group \_\_\_\_\_

Parent Name \_\_\_\_\_ Parent phone \_\_\_\_\_

Group/Team Members and Phone #:

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

**PARTICIPATION RELEASE**

I release the Beatrice Mary Family YMCA, its coaches from all claims of injury which may be sustained by above child while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care. I also agree to follow the Beatrice Mary Family YMCA sportsmanship standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant for promotional materials. There will be a \$25 charge on all returned checks.

I understand that refunds will be made only for full session registrations canceled by the YMCA. The YMCA reserves the right to cancel programs with insufficient registration. Programs may be canceled due to inclement weather. I also understand that class session registrations canceled by the registrant more than 1 week prior to the starting date of a session or the day of the program, whichever is earlier, may be issued credit vouchers good for purchasing Beatrice Family YMCA services or merchandise within one year of the date of issue No Credit.

Sign here \_\_\_\_\_

<b>For Office Use Only</b>
Fee for all programs
Program Fee: _____
Date: _____ Amt Due: _____
Payment Method: <input type="checkbox"/> JCC <input type="checkbox"/> Check _____ <input type="checkbox"/> Cash
Staff Name: _____
Individual <input type="checkbox"/> Group <input type="checkbox"/> Team <input type="checkbox"/>



Find us on Facebook  
 Beatrice Mary Family YMCA

