

 **ELITE SKILLS / FITNESS BASKETBALL TRAINING** 

Director: Coach Mark Walsh

Head Boys Basketball Coach: Seton-La Salle High School

WHAT: Elite Skills / Fitness Basketball Training

WHO: Boys in Grades 5th through 8th Grade

WHEN: Sundays November 1, 8, 15, 22, and 29

TIME: 6:00pm to 8:00pm

WHERE: Seton-La Salle HS Gymnasium 1000 McNeilly Road Pgh. PA. 15226

COST: \$85.00 per player

Coach Mark Walsh is doing an Elite Skills/Fitness Basketball Training Program. Players will work on the fundamental skills of dribbling, shooting, and passing. Players will also work on flexibility, agility drills, and fitness/conditioning drills. **This particular program is not for beginners.** This will be an intense program! Building your basketball fitness levels, quickness and agility levels will be emphasized. We will be using jump ropes, flex bands and agility ladders, as well as high intensity skill training. Bring your own water bottle.

BRING YOUR OWN BASKETBALL !

??? COACH MARK WALSH (412) 881-1955 coachmrwalsh@gmail.com or text 412 979-2913

Cost = \$85.00 per player
Make Checks Payable To: **Seton-La Salle High School**
Mail In Registration To: Coach Mark Walsh 4605 West Brightview Avenue Pittsburgh, PA. 15227

Grades 5th-8th 2015 ELITE SKILLS BASKETBALL TRAINING APPLICATION

-----DETACH AND SEND IN.-----
NAME _____ ADDRESS _____
CITY _____ ZIP _____ PHONE (____) _____
GRADE _____ SCHOOL _____ EMAIL ADDRESS _____

PARENT/GUARDIAN: I/WE APPROVE OF MY/OUR SON'S ATTENDANCE AT THE ELITE SKILLS BASKETBALL TRAINING AND CERTIFY THAT HE IS IN GOOD HEALTH AND ABLE TO PARTAKE IN THE PROGRAMS ACTIVITIES. I / WE AUTHORIZE THE DIRECTORS TO ACT FOR ME / US ACCORDING TO THEIR BEST JUDGMENT IN ANY EMERGENCY REQUIRING MEDICAL ATTENTION FOR WHICH SERVICES I / WE WILL GLADLY PAY. I / WE HEREBY WAIVE AND RELEASE SETON-LA SALLE HIGH SCHOOL AND COACH MARK WALSH AND THE BASKETBALL CLINICS DIRECTORS, ASSISTANT DIRECTORS, INSTRUCTORS, ASSISTANT INSTRUCTORS, COACHES OR STAFF FROM ANY AND ALL LIABILITY.

SIGNATURE _____ DATE _____

SIGNATURE _____ DATE _____