

PROGRAM EMPHASIS

Shooting, Mechanics,
Guard Drills, Wing
Moves, Post Skills, Ball-
Handling, Free Throws,
Defense, Improving
Vertical, Footwork,
Rebounding, Strategy

ELITE
WORKOUTS

SUNDAY BASKETBALL SKILL WORKOUTS



BEGINS: SUNDAY SEPTEMBER 12th

You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise." --Michael Jordan

**GET READY
FOR YOUR
UPCOMING
SEASON WITH
COACH
MATT
LOBAUGH**

FOR: BOYS & GIRLS GRADES 4TH-10TH

**WHEN: SUNDAY'S
10:00 - 11:30 AM
8 WEEKS**

**WHERE: COURT TIME SPORTS CENTER
95 ENTERPRISE DRIVE
ELIZABETH, PA 15037
412-754-2005**

**www.courttimesportscenter.com
info@courttimesportscenter.com**

COST: \$200.00

**Register and pay by Sept. 1
And save \$50.00**