

February Class Schedule

Class	Description of Class / Clinic	Grade	Mondays Feb 5th-26th	Tuesdays Feb 6th-27th	Thursdays Feb 1st-22nd
Hoop School	Created to teach basketball fundamentals to players of all skill levels and the best class to start with for beginning and intermediate players. Learn proper shooting form, footwork, layups, passing, along with more advanced team transition drills and scrimmages each day. Players take this class until they are ready to move up to the next level. Develop your skills while having FUN in a competitive "team" atmosphere. Hoop Height: Pre-K=6", K-1st grade= 8.5", 2nd grade and up 10"	Pre-K Coed (4 Year Olds) K-1st Grade Coed (5-6 Year Olds) 2nd-3rd Grade Coed (7-8 Year Olds) 4th-6th Grade Coed (8-11 Year Olds) 3rd-5th Grade Girls Only	4:00-4:30pm 4:40-5:25pm 5:35-6:20pm 6:30-7:30pm	4:00-4:30pm 4:40-5:25pm 5:35-6:20pm 5:00-5:45pm	5:00-6:00pm
Small Group Elite	Advanced to Elite players will be matched with players of the same skill level to work on game speed ballhandling, shooting, 1 vs. 1 moves and advanced transition drills and scrimmages each day. Players must be advanced/elite skill	3rd-5th Boys Only		5:00-5:45pm	
Advanced Skills Training	Improve your scoring, passing, ballhandling, 1 vs. 1 moves, footwork, getting open, spacing, reading a screen. Then apply those skills to team style drills with live defense. 2 vs. 2 and 3 vs. 3 scrimmages each class. Advanced to elite players.	5th-8th Grade Coed	7:30-8:30pm		5:00-6:00pm
Skills & Scrimmage Clinic	30 Minutes of drills: shooting, ballhandling & 1 vs. 1 moves followed by 30 minutes of live scrimmage time. 3 vs. 3 and 4 vs. 4 to let each player get lots of touches and opportunities to work on scoring in a live game. Matched up by skill	2nd-4th Grade Coed 5th-8th Grade Coed			5:00-6:00pm 7:00-8:00pm
Shooting Lab	Learn proper shooting form, footwork and how to catch the ball "ready" to shoot for a quicker release. Lots of shooting repetition but no defense so this is a great class to improve shooting form and consistency. Beginning to intermediate players.	3rd-6th Grade Coed		4:00-5:00pm	4:00-5:00pm
Train 4 Tryouts	Take your skills to an elite level with advanced skills & drills. Each class will include ballhandling, layups, shooting, passing, defense and rebounding. Prepare for the tempo, focus and skills for your team tryouts and season. Very competitive class for those serious about their upcoming tryouts. Intermediate to elite players.	3rd-4th Grade Coed 5th-8th Grade Girls 5th-8th Grade Boys			6:00-7:00pm 7:00-8:00pm 8:00-9:00pm
Basketball 4 Beginners	New to basketball? Learn the basics so you can play in a league, attend tryouts or advance to a more challenging class. Focus will be on basic basketball fundamentals: ballhandling, layups, passing, form shooting and some of the more popular team style drills. Beginners only please.	4th-7th Grade Coed			8:00-9:00pm
Speed, Agility & Transition	Improve your speed, agility and body control to gain an advantage over your opponent. Drills aim to help you become a better scorer, cutter and defender in the half court and in transition. We will incorporate tons of ballhandling. All drills are basketball specific. Open to all skill levels.	2nd-4th Grade Coed 5th-8th Grade Coed			4:00-5:00pm 6:00-7:00pm
Ballhandling & Shooting Clinic	Learn how to handle the ball with confidence with a variety of stationary and transition ballhandling drills. Improve shooting form to become a more consistent shooter. Will learn lots of new drills to work on at home for ballhandling and game speed shooting drills. Open to all skill levels.	2nd-4th Grade Coed 5th-8th Grade Coed	8:30-9:30pm		6:00-7:00pm 8:00-9:00pm
Shot Creation Clinic	Learn how to create your own shot with elite ballhandling drills and 1 vs. 1 moves that will help you set your defender up and blow right by them to score. This clinic will also incorporate tons of ballhandling, jump-shots and moves to finish at the basket. We will do 1 vs. 1, 2 vs 2 games. Advanced to elite players only please.	5th-8th Grade Coed			7:00-8:00pm



Director of Player Development / Head Coach: **Cindy Martin**

- Played PG at the University of Florida (1998 NCAA Sweet 16)
- Former NCAA DI & DII Head Basketball Coach, Spent 11 Years as College Coach
- 20 Years of Camp & Clinic Coaching Experience for Boys & Girls K-12th Grade
- Blue Star Media National Evaluator & Motivational Speaker

