



BREAKFAST CLUB

Shooting workouts for players looking to gain an edge during the season. Sessions will break down different shooting actions and footwork to build confidence during the basketball season.

SWISH CLUB

Players will receive shooting instruction and detailed breakdowns on how to become a better, more consistent shooter.

Session will take players through a detailed form shooting workout that will track shot attempts and makes at each lesson. As the players improve their shooting percentage, they will be given new shooting challenges to complete.

PRICING AND SCHEDULE

- \$20 drop-in
- \$100 monthly fee for all sessions
- \$175 for ALL November Breakfast Club and Swish Club workouts
- Open to boys and girls in Grades 7-12

SWISH CLUB November Schedule:

Tues. & Thurs.: 5:30-6:30pm (no training the week of 11/22)

Dates: 11/9, 11/11, 11/16, 11/18, 11/30

Saturday: 9-10 a.m.

Dates: 11/13, 11/20, 11/27

BREAKFAST CLUB November Schedule:

Monday - 6-7 a.m. & 7-8 a.m.

Dates: 11/8, 11/15, 11/22, 11/29

Wednesday - 6-7 a.m. (no training 11/23 for Thanksgiving)

Dates: 11/10, 11/17

Saturday- 8 - 9 a.m.

Dates: 11/13, 11/20, 11/27

Online sign-ups coming soon!

To sign up call (260) 479-2720, or email Gabrielle_North@lhn.net