

# Elmwood Trojans

## Basketball Strength & Skill Development Clinic

### When

June 20<sup>th</sup>, 21<sup>st</sup>, and 22<sup>nd</sup> from 9:00-11:00am

### Where

High School Gym

### Who

Anyone entering the 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade next year

### Cost

\$20 (\$30 maximum per family)



### What

This three day clinic will enhance participant's knowledge about the fundamentals of basic strength development and injury preventions, as well as basic basketball fundamentals. Participants will work through different agility, balance, and body weight exercises on the court to develop basketball specific strength development. Skill development drills will provide participants with a program to improve their individual fundamentals as they progress throughout their athletic careers, and participants will have the opportunity to work with "The Gun" Shoot-A-Way. Competitive contests and games with prizes will be incorporated as well.

### Contact

Coach Fugitt

[jfugitt@elmwood322.com](mailto:jfugitt@elmwood322.com)

Cell: 390-360-6617

School: 309-742-2851

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Name: \_\_\_\_\_

Parent or Guardian Names: \_\_\_\_\_

2017-2018 Grade In School: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_ Email: \_\_\_\_\_ Other Phone #: \_\_\_\_\_

Secondary Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

I am fully aware that any medical, hospital, dental, or other expenses, which result from an injury at this basketball clinic to my child will be my sole responsibility.

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_



Please make checks payable to **Elmwood High School**.  
100% of the cost of this clinic is invested in the High School Boys Basketball program.