

# Rusty LaRue Basketball Academy • FALL TRAINING @ FCDS

SIGN UP ONLINE NOW – [WWW.RUSTYLARUE.COM](http://WWW.RUSTYLARUE.COM)

## COMPETITIVE LEAGUES

(BOYS GRADES 3-10) **\$100**

**Mondays August 18 - October 20**

Middle School (Grades 7-8)

Junior Varsity (Grades 9-10)

*For High School Varsity League Info contact*

*Justin McClendon at 336-549-1783*

**Wednesdays August 20 - October 22**

Future Stars (Grades 3-4)

All-Stars (Grades 5-6)

Leagues are designed to create a challenging and competitive atmosphere for players. Leagues will help players gain valuable game experience in preparation for the upcoming basketball season. The season will start with a **mandatory** skill session for our coaches to evaluate players for the draft the week of Aug 18<sup>th</sup>. There will be two weeks of practice followed by a 7 game regular season. The season will conclude with a single elimination tournament on Saturday, Oct 25<sup>th</sup>. *Each player will receive a RLBA jersey.*

## TRYOUT PREP CAMP

(BOYS & GIRLS GRADES 6-12) **\$75**

*Get a headstart on your competition!*

Each workout session is designed to prepare players for the upcoming season by simulating a typical early season practice. Individual offensive skills, defensive techniques and basketball specific conditioning will be the focus.

**Tuesday - Thursday October 28 - 30**

Grades 6-12 from 6:30 - 8:30 pm

## SKILL DEVELOPMENT

(BOYS & GIRLS GRADES 1-12)

**LEARN & PLAY (Grades 1-4)**

Classes are designed for our younger players to help them learn important basketball basics and correct techniques. Boys and girls have separate classes to create a fun and comfortable setting for kids to learn and grow. Class will be divided into skill development periods as well as coach-controlled games.

**Wednesdays October 1 – October 29**

GIRLS ~ 3:15 - 4:15 pm: Grades 1-4 **\$70**

**Thursdays October 2 – October 30**

BOYS ~ 3:15 - 4:15 pm: Grades 1-4 **\$70**

**SKILLS & DRILLS (Grades 3-12)**

Co-Ed classes are designed to reinforce fundamentals while expanding and enhancing individual skill and capabilities. All aspects of basketball skill development will be touched on during the eight week class.

**Wednesdays September 3 – October 22**

Grades 3-6 from 5:30 – 6:30 pm **\$125**

Grades 7-12 from 7:00 - 8:00 pm **\$125**

**ADVANCED BALL-HANDLING**

**(Grades 5-12)**

High intensity ball-handling and dribbling program for players interested in taking their skills to another level. Focused training that puts players in game-like conditions to help expand on basic fundamentals and enhance skill.

**Wednesdays September 3 – October 22**

Grades 5-12 from 8:00 – 8:45 pm **\$150**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Grade \_\_\_\_\_ Sex \_\_\_\_\_

Email Address \_\_\_\_\_

Shirt Size \_\_\_\_\_ Parent Name \_\_\_\_\_

School \_\_\_\_\_

**CIRCLE YOUR PROGRAM ON THIS SHEET  
AND RETURN WITH CHECK TO:**

Rusty LaRue Basketball Academy  
FCDS

5501 Shallowford Road  
Lewisville, NC 27023

### WAIVER & GENERAL RELEASE

In consideration of the acceptance of this application for the Rusty LaRue Basketball Academy, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages which I may have against the Rusty LaRue Basketball Academy, RLT Sports or its representatives and / or assignees, for any and all damages which may be sustained and suffered by me in connection with my association with any portion of this program or any related activities, and which may arise out of my traveling to or returning from this program. I know of no medical or physical problems which may affect the attendee's ability to safely participate in this program. I authorize the directors and staff to act in their best judgment in any emergency requiring medical attention.

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of Guardian

### INTERESTED IN COACHING?

The RLBA is also looking for qualified volunteer coaches to help in all age groups of the competitive league. If you have interest in coaching, contact us at [info@rustylarue.com](mailto:info@rustylarue.com).