

Rusty LaRue Basketball Academy • SPRING TRAINING @ FCDS

SIGN UP ONLINE NOW – WWW.RUSTYLARUE.COM

MAD SKILLS MONDAY

Mondays March 23 until May 11

LEARN & PLAY (Grades 1-4)

Classes are designed for our younger players to promote important basketball basics and correct techniques. The first 30 minutes of each session will emphasize skill development through drills to enhance individual ability. The second part of class will be a coach-controlled game to help players gain valuable game experience.

Grades 1-4 from 3:15 – 4:15 pm **\$100**

SKILLS & DRILLS (Grades 3-12)

Co-ed classes are designed to reinforce fundamentals while expanding and enhancing individual skill and capabilities. Workouts will be age appropriate and help players to develop and perfect both the basic fundamentals and more advanced offensive and defensive skills.

Grades 3-6 from 6:00 – 7:00 pm **\$150**

Grades 7-12 from 7:00 – 8:15 pm **\$175**

SPECIALTY SATURDAY

Saturdays March 28 until May 16

ADVANCED BALL-HANDLING (Grades 5-12)

High intensity ball-handling and dribbling program for players interested in taking their game to another level. Focused training that puts players in game like conditions to help expand on basic fundamentals and enhance skill. Players of all skill levels will be challenged and pushed during each session.

Grades 5-12 from 9:45 – 10:30 am **\$150**

ART OF SHOOTING (Grades 3-12)

Shooting class designed to build solid shooting mechanics for enhanced accuracy. During class all aspects of shooting as well as developing game speed shooting skills and good practice habits will be stressed. Great class for players of all ages who want to develop into better shooters!

Grades 3-6 from 9:00 – 9:45 am **\$150**

Grades 7-12 from 10:30 – 11:15 am **\$150**

SIGN UP FOR MORE THAN ONE CLASS
AND RECEIVE \$10 DISCOUNT!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Grade _____ Sex _____

Email Address _____

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, RLTA 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.

INDIVIDUAL & SMALL GROUP SKILL INSTRUCTION

Saturday and Sunday Afternoons

Develop your skills in a professional learning environment either one lesson at a time or in a RLBA package of lessons. All lessons are available on an individual basis or in small groups. All our coaches stress individual skill development to enhance each player's ability within the concept of team play. More information on rates and available instructors located online at www.rustylarue.com.

Date

Signature of Guardian