

To register, complete application below, and mail with fee to: *In The Zone, 6870 Chrisphalt Drive Bath, PA 18014*. Lesson credits do not carry over to other programs. No refunds for unused credits at the end of the program.

Name _____

Parents' Names _____

Address _____

Phone _____ DOB _____

E-mail _____

Age on Sep 1 _____ Grade in Sep '11 _____

Lessons: _____ Total Cost _____

Sessions attending (Please circle dates):

Sun	Tue	Fri
Sep 11, 18, 25	13, 20, 27	16, 23, 30
Oct 2, 9, 16, 23, 30	4, 11, 18, 25	7, 14, 21, 28
Nov 6, 13, 20	1, 8, 15, 22, 29	5, 12, 19
Dec 4, 11, 18	6, 13, 20	2, 9, 16, 23
Jan 8, 15, 22, 29	6, 13, 20, 27	

Consent and Waiver:

I certify that my son/daughter _____ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at the In The Zone Basketball Club.

I authorize the staff of In The Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In The Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

Signature of Parent/Guardian _____ Date _____

Tournaments Sep-Dec 2011

- ❖ Back to School Blowout, Sep 24-25
- ❖ Fall Hoopfest, Oct 15-26
- ❖ Pre-Season Primer, Nov 5-6
- ❖ Thanksgiving Tune-up Nov 25-27
- ❖ Holiday Hoopla, Dec 26-30

3 on 3 Tournaments

Sat, Sep 10
Columbus Day, Mon, Oct 10
and Sun, Nov 13

Fall Shooting Programs

3 hour Clinics

Sat, Sep 17, 3:00-6:00
Sat, Oct 1, 3:00-6:00
Sun, Oct 9, 3:00-6:00
Sat, Oct 22, 3:00-6:00
Sun, Oct 30, 3:00-6:00
Sat, Nov 12, 3:00-6:00
Wed, Nov 23, 11:00-2:00
Mon, Nov 28, 11:00-2:00
Sat, Dec 3, 3:00-6:00
Sun, Dec 11, 3:00-6:00
\$50 each

3 Day Camp

Tue Dec 27-Thu Dec 29
12:30-3:30
\$105.00 (9 hours)

**Get Ready for the Season at
In the Zone!!!**

**Basketball
Skills and Drills
at**

In the Zone



Athletics

Sep '11-Jan '12



In the Zone
6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

In the Zone Basketball Club will be conducting basketball skills and drills sessions Sep 2011 through Jan 2012 for boys and girls grades 4-10. These sessions are for players who are serious about improving their game.

The primary focus of this program is to develop and refine individual offensive skills.

During the regular season, most teams only get to practice 1-2 times a week. Often coaches are busy putting in plays, setting up team defenses and offenses, breaking presses and the type of drills necessary to function as a team. Little time is left for developing individual skills like ball handling and shooting. In the Zone's Skills and Drills program intends to fill this void by focusing its practice sessions on individual skill development—primarily ball handling and shooting.

Shooting and Ball Handling are skills which require lots and lots of repetition: 100's of shots a day and countless hours of dribbling. These sessions provide an opportunity for players to practice their craft in a supervised, structured atmosphere.

This program is appropriate for both beginners and more advanced players. Beginners will be challenged the whole time while more skilled players get a chance to refine their basic moves (e.g. crossovers, form shooting) while being challenged with more advanced combination moves. Besides, you can never get enough practice. NBA players still practice basic ball

handling and perform routine shooting drills. If the best players on the planet do it, so should our kids.

Lessons

The club will conduct lessons 3 times a week from Sunday Sep 11 to Tuesday Dec 20 and then drop back to twice a week from Jan 6 to Jan 29.



From 9/11 to 12/20, lessons will be:

- Tuesdays 6:00-7:30
- Fridays 4:15-5:45
- Sundays 6:00-7:30

From 12/23 to 1/31/11, lessons will be:

- Fridays 4:15-5:45
- Sundays 6:00-7:30

NOTE: No lessons Fri Nov 25, Sun Nov 27, Sun Dec 25, Tues Dec 27, Fri Dec 30 or Sun Jan 1

The typical lesson will consist of:

- About 30-40 minutes of ball handling and passing drills
- About 30-40 minutes of shooting and offensive drills
- About 10-20 minutes of speed, agility and quickness training and explosion exercises.



Registration Fees:

Total amount due is based on the number of lessons each player plans on attending (Total of 51 Lessons):

# Lessons	Cost*
1-4	\$13.00 ea
5-9	\$11.50 ea
10-19	\$9.75 ea
20-29	\$8.50 ea
30-51	\$6.50 ea

*ITZ AAU players get 50% off

Players will purchase a certain number of lesson credits. A lesson credit can be used for any regularly scheduled session. In order to make sure we have enough instructors at each lesson, players need to sign-up in advance for each lesson they plan on attending. There is no penalty if you sign up for a lesson and do not make it.

Pay-as-you go athletes will pay the \$13.00 rate. To get the discounted rates, the lessons need to be paid in advance

TEAM/Organization Rates:

Coaches/Managers can purchase bulk packages of lessons to qualify for the volume discounts and then "re-sell" them to their players. When doing this, each player needs to have a waiver form on file, players need to pre-register and the coach/manager handles the up-front lump-sum payment and distributing the lessons.


