

Fall Ball Foundations

Shooting Drills and Fundamental Skills

Program Presented by:
New Jersey Crusaders Coach Mary-Alice Zavocki aka "Coach Z"

The best fall basketball instruction program is here!

Soon school will be back in session, so it's time to start thinking about training for basketball season! Our annual *FALL BALL Foundations* basketball clinics focused on the fundamentals needed to develop into a good all-around player will be offered with two options this fall. The programs are designed to enhance every players comfort level with the basketball in their hands. There are 10 evening training sessions on Monday & Wednesday nights throughout September and October. All sessions are held at St Joseph's Gym in Maplewood.

SESSIONS ARE CO-ED & DESIGNED FOR PLAYERS WITH SOME BASKETBALL EXPERIENCE.

Sessions will be filled by the first 25 players to register!

Monday and Wednesday Nights
St Joseph's School Gym
Maplewood, NJ

Mon & Wed: September 11, 13, 18, 20, 25 & 27 October 2, 4, 11, 16

Grades 2nd, 3rd, 4th and 5th - 6:00 pm – 7:00 pm
Grades 6th, 7th, 8th and 9th - 7:00 pm – 8:00 pm

Mail Checks Payable to: NJ Crusaders 91 Farragut Place
North Plainfield, NJ 07062

***** Cost: \$125 per player for 10 sessions *****

Contact Mary-Alice Zavocki at coachmaz123@hotmail.com with questions

Fall Ball Foundations Registration Form

Name: _____ Grade: _____

Address: _____

Email: _____ Cell Phone: _____

Circle one: (5-6 pm OR 7-8 pm)

Circle one: (Boy OR Girl)

CONSENT & WAIVER

I give permission for my child to participate in the *Fall Ball* program designated above. I hereby release Saint Joseph's Parish and the New Jersey Crusaders, the organizers, servants, coaches, officers, volunteers, affiliates and employees from any and all claims of action whatsoever arising out of participation in the above designated program

Parent Signature: _____ Date: _____