

Junior Cougar Fall Skills Basketball Program

The Junior Cougar Fall Skills Basketball Program is for boys in grades 3-8.

The focus of the clinics will be fundamentals such as shooting, dribbling, passing, 1 on 1 moves, individual defense, and small sided games. Each session will be for 1 ½ hours with the first hour devoted to fundamentals and the last ½ hour devoted to 3/3, 4/4, or 5/5 games. The clinics will be taught by Gross Catholic Head Coach Tim Powers and the boys basketball coaching staff. The cost of the Fall clinics is \$25. To register or if you have any questions please email

Tim Powers at powers@gcgmail.org.

The Clinics will be held on the following dates and times:

Sunday September 23	4-5:30pm
Sunday September 30	4-5:30pm
Sunday October 7	4-5:30pm
Monday October 15	7-8:30pm
Sunday October 21	4-5:30pm