

## BASKETBALL SKILLS CLINICS

*Players are made in the off-season; teams are made during the season.*

### OBJECTIVE

Crusaders Basketball Skills Clinics are ideal for players that are **serious** about improving specific areas of their game, like dribbling and ball handling, shooting form and accuracy, footwork, overall hoops IQ, in addition to building up aggressiveness, confidence and developing a positive work ethic. The drop-in nature of the clinics meshes convenience and quality for families, and they can supplement an athlete's existing basketball workout plan or help multi-sport athletes keep their basketball skills sharp during the off-season.



Clinics will be fast-paced, challenging, and **FUN!!!**

Clinics will be held at St. Charles on the following Thursdays:



5/17/2018 6:00 PM— 7:30 PM

5/23/2018 6:00 PM— 7:30 PM

5/30/2018 6:00 PM— 7:30 PM

6/7/2018 6:00 PM— 7:30 PM

6/14/2018 7:00 PM— 8:30 PM

6/21/2018 7:00 PM— 8:30 PM

6/28/2018 7:00 PM— 8:30 PM

7/5/2018 NO CLINIC

7/12/2018 7:00 PM— 8:30 PM

7/19/2018 7:00 PM— 8:30 PM

7/26/2018 7:00 PM— 8:30 PM

8/2/2018 7:00 PM— 8:30 PM

8/9/2018 7:00 PM— 8:30 PM

8/16/2018 7:00 PM— 8:30 PM

8/23/2018 7:00 PM— 8:30 PM

Feel free to contact Andy Ostrand at [astrand@gmail.com](mailto:astrand@gmail.com) with any questions.