



# Elite Girls' Skills Clinic

We have changed the format for the Skills Clinic, expanding it to 9 sessions throughout the Fall, beginning in September and leading all the way up to the first week of basketball tryouts in Connecticut. The cost will remain the same, and you can attend as many sessions as you'd like. If you are playing in the Connecticut Storm Fall league, our clinic sessions will end at 10:30am, giving you time to get to NFA for your games, which begin at 11:15am. Details are listed below.

**Dates:** Sundays throughout the Fall  
(September 14, 21, and 28, October 12, 19, and 26, and November 2, 9, and 16. There is no session on October 5th as it is the tryout date for Grades 10 and 11 for Connecticut Storm.)

**Time:** 9:00am- 10:30am

**Who is eligible:** All girls entering grades 7-12 in September 2014 who are serious about improving their basketball skills.

**Location:** St. Bernard's High School, 1593 Norwich-New London Tpke., Montville, CT 06382

**Cost:** \$75 per player

The purpose of the clinic is to prepare girls entering grades 7-12 for their upcoming middle and high school basketball seasons. Participants must be serious about improving their skills. Players will have the opportunity to work with high quality coaches to learn the drills and fundamentals necessary to take their game to the next level. During our 9 clinic sessions, we will focus on individual skills such as dribbling, ball handling, shooting and defense, team concepts and decision making, and strength training, conditioning, and injury prevention. Each participant will receive a Hoop Academy T-Shirt and superior coaching from local high school coaches and AAU coaches.

**Daily Agenda will include:** Dribbling and ball handling (stationary and on the move), Shooting (form shooting, off the dribble, off screens), Guard/Post Breakdown, Team defense, Fast break, Passing, 3 on 3 offensive drills, Boxing out and rebounding

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Or on Facebook at [Facebook.com/thehoopacademy](https://www.facebook.com/thehoopacademy)

You can also follow Coach Hardison on Twitter and Instagram @georgehardison for news and information!!

## Registration Form

Fill out, tear off and mail with a \$35 deposit (check or money order), payable to The **Hoop Academy**.  
Mail to **The Hoop Academy, 23 Lewis Rd., Preston, CT 06365**. \$40 balance is due upon check-in.  
(There will be a \$25 fee on all returned checks, All deposits are non-refundable.)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-mail: \_\_\_\_\_

Grade in September 2014: \_\_\_\_\_

**T-shirt size: (circle one)**

**Youth- L    Adult- S    M    L    XL**

Parent or Guardian Signature: \_\_\_\_\_