



FALL BASKETBALL

After School @ Primary Prep Gym

Whether you're interested in trying out basketball for the first time or are looking to improve your skills, **GRIT Sports Training's** new basketball specific program, **Beast Coast Basketball**, is a great way to improve your game, be active, and have fun!

Join our Fall program to develop your skills in a fun and positive environment, and start ballin' out with your friends today!

The Beast Coast **Intro to Basketball** program includes skill-building fundamental exercises, games, shooting tips, mini-contests and more!

Young players will learn:

- Game Basics (how to play the game)
- Core Skills (dribbling, defense, passing, shooting)
- Mental Strategies (values needed to play as a team)
- Conditioning (speed, agility, quickness, stamina, coordination)
- Modified, age-appropriate gameplay

Register Here

FALL SEMESTER 2022 (October 4th - December 1st)

Full Semester Tuesdays & Thursdays (15 classes / \$375)

10/4, 10/6, 10/11, 10/13, 10/18, 10/20, 10/25,

10/27, 11/1, 11/3, 11/15, 11/17, 11/22, 11/29,

12/1



Times: 3:00 - 4:00pm 3rd - 5th Grade

4:00 - 5:00pm 6th - 8th Grade *

Registration required prior to the season. Use QR code to register or go to website:

www.beastcoastbasketball.com

**Note: 6th-8th Graders for the 4pm class will need to sign up for 1 hour of Primary Prep aftercare if not in another after-school program before the class.*