

To register, complete application below, and mail with fee to: *In The Zone, Shooting Clinics, 6870 Chrisphalt Drive Bath, PA 18014.*

Name \_\_\_\_\_

Parents' Names \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ DOB \_\_\_\_\_

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

Age on Sep 1 \_\_\_\_\_ Grade in Sep '16 \_\_\_\_\_

Date/time of Shooting Clinics to attend \_\_\_\_\_

*Consent and Waiver:*

I certify that my son/daughter \_\_\_\_\_ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at the In The Zone Basketball Club.

I authorize the staff of In The Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In The Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

I authorize ITZ to use my son/daughter's likeness for various social media to include Facebook, Twitter, Instagram etc.,

\_\_\_\_\_  
Signature of Parent/Guardian      Date

**Tournaments Nov-Dec 2016**

- ❖ Thanksgiving Tune-up Nov 25-Nov 27
- ❖ Holiday Hoopla, Friday Dec 30

**3 on 3 Tournaments 2016**

Saturday, September 11  
Columbus Day, Monday, October 10  
Saturday, Oct 29  
Saturday Nov 20  
Saturday, Dec 31

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***Basketball Skills and Drills***

*The primary focus of this program is to develop and refine individual offensive skills.*

**Lessons**

The club will conduct lessons 3 times a week from Sunday Sep 6 to the end of January.



Tuesdays 6:00-7:30  
Fridays 4:30-6:00  
Sundays 6:30-8:00

# Lessons	Cost*
1-4	\$13.00 ea
5-9	\$11.50 ea
10-19	\$9.75 ea
20-29	\$8.50 ea
30-58	\$6.50 ea

\*2016 ITZ AAU players get 50% off

***Shooting Clinics***

*At*

***In the Zone***



***Athletics***



***Oct-Nov 2016***

**Fundamentally Driven!**

6870 Chrisphalt Drive  
Bath, PA 18014  
610-837-8605

[www.inthezonesports.biz](http://www.inthezonesports.biz)

*In the Zone is conducting a series of shooting clinics to help kids get ready for the upcoming basketball season. We will hold 2 types of clinics: **Fundamental Clinics** and **Advanced Clinics**.*

**Fundamental Clinics:** These sessions are designed for the younger player who needs to develop the correct form and build their shot. Generally these clinics are appropriate for players in grades 4-8 who have not attended an In the Zone shooting summer camp, a previous shooting clinic or did not play AAU at ITZ. Topics covered in these clinics:

- ✓✓ Proper shooting hand mechanics
- ✓✓ The release and follow through
- ✓✓ Guide hand functioning
- ✓✓ The shooting stance and posture
- ✓✓ Dipping for power and rhythm
- ✓✓ Aiming and Arc
- ✓✓ Proper footwork: the 1-2 and the hop
- ✓✓ Shooting off the pass and off the dribble

**Advanced Clinics** are designed as a refresher course and practice session for those more experienced players who HAVE already attended shooting training at In the Zone (camp, clinic or AAU). These sessions are generally appropriate for kids grades 6-12. These sessions will also provide shooting instruction and feedback on mechanics, form and technique. Topics covered in these clinics include:

- ✓✓ The Shooting Turn,
- ✓✓ The Dip
- ✓✓ The Sweep and Sway
- ✓✓ Shooting off the Hop
- ✓✓ I dribble attacks (Head fakes nad Jab steps)
- ✓✓ Step back shots
- ✓✓ Foul Shots
- ✓✓ About 150 shots/hour



### **Fundamental Clinics**

*Sat, Oct 8, 9:00-11:00 am*  
*Sat, Oct 15, 3:00-5:00 pm*  
*Sat, Oct 22, 9:00-11:00 am*  
*Sat, Nov 19, 9:00-11:00 am*

**\$40 each**

### **Advanced Clinics**

*Sat, Oct 8, 11:00 am-1:00 pm\**  
*Sat, Oct 15, 5:00-7:00 pm\* Sun,*  
*Oct 16, 4:30-6:30 pm*  
*Sat, Oct 22, 11:00 am-1:00 pm\**  
*Sun, Oct 23, 4:30-6:30*  
*Sat, Nov 5, 5:00-7:00 pm*  
*Sat, Nov 19, 11:00 am- 1:00 pm\**

**\$40 each**

Discounts:\*

- 2016 In the Zone AAU players receive 40% off all of these clinics.
- \$10 Sibling discount: Each sibling receives \$10 discount (siblings may attend different camps)
- Multi clinic discount: Sign up for a second clinic and receive \$10 off the second one.
- \$5 buddy discount: Buddies must be identified on registration form. Max discount is for 2 buddies and \$10 off. Buddies must attend same clinic.

*\*Cannot combine multiple discounts.*

*\*To receive a discount, clinics must be paid for in advance.*



### **REGISTRATION:**

We recommend that you pre-register. To register, complete the form in this brochure and mail with payment.

Walk-ins available if space permits.

*Payment options: Visa, Mastercard, check, cash, money order. Checks payable to "In the Zone"*



**Fundamentally Driven!**

*Get Ready for the Season at In the Zone!!!*