

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 '17 _____

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 2017

❖ Thanksgiving Tune-up Nov 25-Nov 26

3 on 3 Tournaments 2017

- *Sunday, September 17
- *Columbus Day, Monday, October 9
- *Saturday, Oct 28
- *Black Friday, Nov 24
- *New Years Eve, Sun, Dec 31
- *MLK Day, Mon, Jan 15, 2018
- *Pres Day, Mon, Feb 19, 2018
- *****

***Basketball
Skills and Drills***

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

Lessons

The club will conduct lessons 2 times a week from Sunday Sep 17 to the end of January.



Tuesdays 6:00-7:30
Sundays 6:00-7:30

# Lessons	Cost*
1-4	\$14.00 ea
5-9	\$12.50 ea
10-25	\$10.75 ea
26-34	\$9.50 ea

*2017 ITZ AAU players get 40% off

***Shooting
Clinics***

At



Sep-Dec 2017

Fundamentally Driven!

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

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 and Jab steps)
- ✓✓ Step back shots
- ✓✓ Foul Shots
- ✓✓ About 150 shots/hour



Fundamental Clinics

Sat, Sep 16, 2:00-4:00

Sun Sep 24, 2:00-4:00

Sat, Oct 7, 12:00-2:00

Sun, Nov 5, 2:00-4:00

Wed, Nov 22, 2:00-4:00

Mon, Nov 27 9:00-11:00

Sun, Dec 10, 2:00-4:00

\$40 each

Advanced Clinics

Sat, Sep 16, 4:00-6:00

Sun Sep 24, 4:00-6:00

Sat, Oct 7, 2:00-4:00

Sun, Nov 5, 4:00-6:00

Sun, Nov 12, 4:00-6:00

Wed, Nov 22, 4:00-6:00

Mon, Nov 27 11:00-1:00

Sun, Dec 10, 4:00-6:00

\$40 each

Discounts:*

- 2017 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 permitted 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!!!*