

To register, complete application below, and mail with fee to: *In The Zone, 6870 Chrisphalt Drive Bath, PA 18014*. Lesson credits do not carry over to other programs. No refunds for unused credits.

Name \_\_\_\_\_

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

Address \_\_\_\_\_

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

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

Age on Sep 1 \_\_\_\_ Grade in Sep '19 \_\_\_\_

# Lessons: \_\_\_\_ Total Cost: \_\_\_\_

Sessions attending (Please circle dates):

Sundays

Nov 17, 24; Dec 1, 8, 15, 22, 29 Jan 19, 16

*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 In The Zone. 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.

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

**Tournaments Dec 2019**

❖ Holiday Bulldog Challenge  
December, 27-29, 2019

**3 on 3 Tournaments 2019-20**

- \*Thanksgiving Weekend  
Nov 30-Dec 1
- \*Dec 23, 2019
- \*New Years Eve, Tues, Dec 31
- \*MLK Day, Mon, Jan 20, 2020
- \*Pres Day, Mon, Feb 17, 2020
- Good Friday, April 10, 2020
- \*\*\*\*\*

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



# of Lessons	Cost*
1-4	\$16.00 ea
5-9	\$14.00 ea
2019 ITZ AAU	\$10.00 ea

***Basketball  
Skills and Drills  
at***



***Nov 2019-  
Jan 2020***



In the Zone  
6870 Chrisphalt Drive  
Bath, PA 18014  
610-837-8605

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

In the Zone will be conducting basketball skills and drills sessions for boys and girls grades 4-9. These sessions are for players who are serious about improving their game.

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

During the regular season, most teams only get to practice 1-2 times a week. Often coaches are busy putting in plays, setting up team defenses and offenses, breaking presses and the type of team drills necessary to function as a team. Little time is left for developing individual skills like ball handling and shooting. In the Zone's Skills and Drills program intends to fill this void by focusing its practice sessions on individual skill development—primarily ball handling and shooting.

Shooting and Ball Handling are skills which require lots and lots of repetition: 100's of shots a day and countless hours of dribbling. These sessions provide an opportunity for players to practice their craft in a supervised, structured atmosphere.

This program is appropriate for both beginners and more advanced players. Beginners will be challenged the whole time while more skilled players get a chance to refine their basic moves (e.g. crossovers, form shooting) while being challenged with more advanced combination moves. Besides, you can never get enough practice. NBA players still practice basic ball handling and perform routine shooting drills. If the best players on the planet do it, so should our kids.

## Lessons

The club will conduct lessons on Sundays , November 17<sup>th</sup> to Tuesday, January 26.

Sundays 6:00-7:30



**NOTE: No lessons: Jan 5 or 12**

The typical lesson will consist of:

- About 20-40 minutes of ball handling and passing drills
- About 30-40 minutes of shooting and offensive drills
- About 10-20 minutes of defense in the form of speed, agility and quickness training and explosion exercises.

*Fundamentally Driven!*

## Registration Fees:

Total amount due is based on the number of lessons each player plans on attending (Total of 9 lessons): Players will purchase a certain number of lesson credits. A lesson credit can be used for any regularly scheduled session. In order to make sure we have enough instructors at each lesson, players need to sign-up in advance for each lesson they plan on attending. There is no penalty if you sign up for a lesson and do not make it.

*Pay-as-you-go athletes will pay the \$16.00*

# of Lessons	Cost*
1-4	\$16.00 ea
5-9	\$14.00 ea
2019 ITZ AAU	\$10.00 ea

*rate. To get the discounted rates, the lessons need to be paid in advance.*

## TEAM/Organization Rates:

Coaches/Managers can purchase bulk packages of lessons to qualify for the volume discounts and then “re-sell” them to their players. When doing this, each player needs to have a waiver form on file, players need to pre-register and the coach/manager handles the up-front lump-sum payment and distributing the lessons. Players need to check in and state they are part of the group.



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