



# Before School Basketball Program for Sunrise Valley Elementary School

## Youth Basketball for Beginners and Experienced Players



### Your child will:

- Get lots of exercise
- Learn the fundamentals of a new sport without pressure
- Gain Confidence
- Have fun
- Gain Focus

**Players will be able to learn at their own pace and develop the skill and fundamentals necessary to play on a team.**

### Skills to learn:

- Ballhandling, consisting of dribbling, passing and receiving
- Footwork to be able to move effectively
- Shooting techniques
- Teamwork
- Get ready for the upcoming season

**Dates:** Winter Session: Thursday: November 21; December 5, 12, 19; January 9, 16, 23, 30

**Price:** 8 weeks is **\$90** for PTA members and **\$100** for non-PTA members

**Time:** 8:15-9:10am

**Location:** Sunrise Valley ES Gym

**For Grades:** K-6 (boys & girls)

**Any questions:** call Coach Keith at 703-691-8318 or via email to: [keith@bestyouthhoops.com](mailto:keith@bestyouthhoops.com)

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