



## No Excuses...Just Results!

Basketball skills and drills programs that focus on improving and enhancing player performance for 5<sup>th</sup>-8<sup>th</sup> Grade Boys & Girls

***True Champion: Seacoast***—bringing fundamentals back to the game

**Hot Shots Shooting and Ball Handling:** This program is designed to help players improve their current skills, while fine tuning and perfecting the fundamental and essential aspects of basketball. Each athlete will have ample opportunity to learn how to “put up” a high number of shots from various angles and in numerous game situations, as well as work on the most important skill at this level—which is consistent and confident dribbling techniques. Players will be assigned to small groups based on age and gender, where they will participate in a circuit training model to receive instruction by highly qualified, professional coaches and trainers.

**Cost:** \$70--price includes t-shirt

**Location:** Portsmouth High School Gymnasium

**Date:** Sundays, May 6-20; 5:30-7:00pm

**Attack the Rim:** This program will utilize professional basketball staff to focus on bringing together offensive techniques to help players increase their scoring ratios. This camp is perfect for the athlete that is currently a passive player who won't take shots or “go to the rim”. Also ideal for experienced players who want to move beyond the basics and take their offensive game to the next level. Participants will also learn “post and guard” moves with all aspects of scoring.

**Cost:** \$70--price includes t-shirt

**Location:** Portsmouth High School Gymnasium

**Date:** Sundays, May 6-20; 7:00-8:30pm

Register online at [www.truechampionnh.com](http://www.truechampionnh.com), for questions, contact Jayne Walker at 603-674-9462.