



# Basketball Pre-Season Workouts

Two sessions a week for two hours, running eight-weeks and starting Sept. 25th. The first hour will be with Dewey Ferguson and Clinton Counts from *Indexx Sports* doing basketball skills, such as: Ball handling - technique and dribbling moves; Shooting - technique, form off the dribble, reading screens; Defense - technique, man vs. man and zone defense, footwork; Triple threat position - stance, moves from triple threat position, jab step; Communication - communicating with teammates; and more. The second hour will be with J.R. Papernik of *Pinnacle Sports Performance Training* focusing on basketball strength, conditioning, vertical jump improvement and injury prevention. Cost for the eight week program is \$295.

*Indexx Sports, LLC*, is a sports training company dedicated to providing high intensity and quality instruction to athletes of all ages. Our goal is to help athletes reach their highest level of potential by teaching them “*Purpose Driven Intensity*”. *Purpose Driven Intensity* is being motivated to train at a high level for the specific reason of accomplishing a set goal. “At *Indexx Sports*, we train with a purpose. Our training sessions feature intense drills that are relevant to game situations. We focus on developing proper technique, so that we have a solid foundation to build on when we progress to advanced skill drills and/or workouts.” - *Dewey Ferguson*

*Pinnacle Sports Performance Training* brings over 10 years of strength and conditioning experience working with athletes of all skill levels: youth, middle school, high school, collegiate, Olympic and professionals. “*Pinnacle Sports Performance Training* is committed to optimizing athletic performance and reducing the potential for injury through comprehensive training programs that improve core strength and balance, increase explosive power, enhance agility, and speed in your sport of choice.” - *J.R. Papernik*

<p><b>Day/Time - Cost</b></p> <p><b>Thursday - 7:00pm-9:00pm</b> <b>Sunday - 7:00pm-9:00pm</b></p> <p><b>Basketball Skills 7:00-8:00</b> <b>Conditioning 8:00-9:00</b></p> <hr/> <p><b>Two Sessions per Week</b> <b>8 weeks - \$295</b></p>	<b>Full Name:</b>	
	<b>Address:</b>	
	<b>City, State, Zip:</b>	
	<b>Phone:</b>	<b>Date of Birth:</b>
	<b>Emergency Contact:</b>	<b>Phone:</b>
	<b>EMail Address:</b>	
	<b>Age Group:</b>	<b>Middle School</b> <input type="checkbox"/>

## Waiver and Medical Release

Waiver: I, the undersigned, as a parent or guardian of the above named participant, do hereby give permission and approval for his/her participation in an All Sport Academy clinic, camp or program. I further agree to assume all risks and hazards incidental to such participation and I do hereby waive, release and absolve the organizers, sponsors, directors, managers, coaches, instructors and participants from any claim arising out of injury to the above named participant. This includes the staffs of All Sport Academy, Indexx Sports and Pinnacle Sports Performance Training.

Medical Release: I give my consent for any emergency medical/surgical treatment to be given to the above named applicant. This treatment pertains to life threatening situations or any other medical emergencies such as fractures or suturing.

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

\_\_\_\_\_  
Date Signed

# All Sport Academy

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