



Lady Tigers
Travel Basketball



Girls Recreational
League



Lady Royals
Travel Basketball

2016 Girls Basketball Summer Workouts

Wednesday Nights Beginning June 14th

Fishers Junior High School

6:30-7:45 p.m. Incoming 1st – 4th graders

7:45-9:00 p.m. Incoming 5th – 8th graders

Join the Fishers and HSE Travel and Recreation coaches for the return of girls basketball summer workouts. These sessions will include drills for ballhandling, passing, shooting, dribble moves and more. All travel and rec players from the Fishers and HSE programs are encouraged and invited to attend. They begin on June 14th and will run through the end of July (except for July 19th).

The workout sessions are designed to address basketball fundamentals and give the girls in our program an outlet to improve their skills over the summer. The sessions will be led by volunteer coaches from our travel and rec programs as well as varsity girls basketball players from Fishers and HSE high schools. Practice plans were designed with first-hand input from varsity coaches Michael Gaines and Chris Huppenthal to maximize the benefit of each session.

No pre-registration required - parents will simply need to sign in their daughter at the first session attended. There will be a charge of \$5 per session attended for facilities usage with a family maximum of \$10. Your daughter can attend as many or as few sessions as fit into your schedule, but please bring \$5 per session. **Be sure your daughter brings her basketball and water bottle.** If you have questions, please contact Dave Walker (fishersgirlsbball@gmail.com).