**Riverside Brookfield Junior Bulldog Basketball and**
**The Athlete Within Basketball School**
**Tuesday Night Skills Program**

**What do you get with the new and improved Tuesday Night Skills??**
**Purpose:**
*Since there are only a limited amount of team practices with their Junior Bulldog teammates, there is a lot of time spent practicing team related concepts and sometimes individual fundamentals can be neglected. This is a great way throughout the season to work on individual skills such as shooting, passing, dribbling, one-on-one moves, rebounding and defense with the Athlete Within Basketball School staff.*
*An Average of 40-50 Junior Bulldog Players Per Year Have Participated in Sunday Night Skills since it began in 2007.*

***FOR THE SECOND YEAR: This year's Skills program will be on TUESDAY NIGHTS—which will never interfere with a game or practice—ever!! This maximizes the amount of sessions your son can attend and never have to miss!!***

**Dates/Time:**

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|---|---|
| *7th & 8th Grade* | *Nov 3, 17 Dec 8, 22 Jan 5, 19, Feb 2, 16* |
| *4th, 5th, 6th Grade* | *Oct 27, Nov 10, Dec 1, 15, Jan 12, 26, Feb 9, 23* |

All Sessions will run from 8:15pm-9:30pm on the dates corresponding with the age group above.

**Cost:** $395 for only participating on the Junior Bulldog team. An additional $125 will be charged if you choose to do the Tuesday Night Skills program for a total cost of $520.

**Location:** Return to Heaven Gym—7930 Ogden Ave, Lyons, IL
**Instructors:** The Athlete Within Basketball School Staff

**Benefit to Junior Bulldog Players**: This kind of group instruction normally runs $30-40 per session. They are allowing Junior Bulldog Players to participate at about $15 per session. Fundamentals are going to be emphasized the entire 1.5 hours. There will be no full court scrimmages, only skill building. ***This program is optional for Junior Bulldog Players but it is Highly Encouraged if each player wants to maximize their fundamental skills and get even better as the season goes on.***
Last season we had 49 of our 101 players participate. ***This year we will have roughly 100 players in the program and the goal is to get each and every one involved is this program. It will only help our players and our program become stronger*****!**

Tuesday Night Skills is open only to all 4th-8th graders in the Junior Bulldog Basketball program. Contact Mike Reingruber or your Junior Bulldog Coach if you have any questions regarding the Tuesday Night Skills program at the Athlete Within Basketball School.

Please check the box on the online registration form and make payment (with waiver form) for $520 if planning on participating in this program.