

MT. LEBANON BASKETBALL ASSOCIATION

OFF-SEASON SKILLS TRAINING WITH

COACH STEVE BRODZINSKI

WHAT: Energetic one hour workouts for the serious player who wants to work hard to improve their basketball skills. The workouts will focus on ball handling, finishing, shooting, passing and defense.

WHY: To provide players the ability to significantly improve their basketball skills by attending intense, high quality workouts with a coach who specializes in such training in a flexible, affordable fashion.

WHO: Coach Steve Brodzinski has a long history in basketball from his playing career (New York University, Roman Catholic High School) to multiple coaching jobs (CCBC, Clarion, New Jersey Tech & The Kiski School) and is currently dedicating a large part of his career to training players by requiring hard work and attention to the basics of basketball. You can learn more about him by visiting his website (www.MaximumHoops.com).

WHERE: Mt. Lebanon High School Gym A 100

WHEN: Tuesdays and Thursdays

April 14 through June 9 (with the possibility of continuation throughout the summer depending on interest) **(Excluding April 23 & May 19th)**

6-7:00 PM Grades 4-6 (boys and girls)

7-8:00 PM Grades 7-8 (boys and girls)

HOW: 15\$ per hourly session. Payment by cash or check (made out to Mt. Lebanon Basketball Association) to be provided at the start of each work-out. This is a “pay as you go” program to provide flexibility and ease to players and parents.

YOU MUST PROVIDE A SIGNED COPY OF THE WAIVER PRIOR TO ATTENDING ANY WORKOUT. THE WAIVER WILL BE PROVIDED FOR SIGNATURE AT THE GYM OR ON OUR WEBSITE

Questions: Kate Murdoch www.kathryn.s.murdoch@gmail.com