

LADY FOXES BASKETBALL

TRAINING CAMP

- **WHEN:** October 28nd, 9:00-10:30 AM
- **WHERE:** Silverton HS
- **WHO:** All girls in grades 5-8
- **WHY:** To prepare for your middle school and Future Lady Fox season and tryouts.
- **COST:** The Training Camp will cost \$25 and will include a t-shirt, foxes basketball, and girls who attend will get in free to all home games.

On Saturday, October 28th, the Lady Foxes basketball team will be hosting a one day training camp for all girls in grades 5-8. The training camp will be focused on building fundamental skills as the girls prepare for their upcoming middle school and Future Lady Foxes tryouts. We will spend a majority of the time on improving individual skills such as ball handling; attack the basket moves, and shooting. The clinic will be coached by the high school staff and players.

Please register early to make sure your daughter gets a t-shirt. We will take walk-ups, but cannot promise that we will have a t-shirt for them.

Name _____ Grade _____

Shirt Size: Youth Medium _____ Youth Large _____ Adult Small _____ Adult Large _____ XL _____

Send check and shirt size to Silverton HS, 1456 Pine Street, Silverton, OR 97381 C/O Tal Wold

Make checks out to Silverton Girls Basketball

If you have any questions please email Coach Wold at wold_tal@silverfalls.k12.or.us

*** Must have registration forms by Thursday, Oct.26th to ensure T-shirt.**