

# SPR Hoops Academy

**Join us for basketball training sessions to get ready for Travel Basketball Evaluations on October 1st!**

**Who:** Coed program for players in grades 3rd-6th

**When:** Fridays—September 9th, 23rd, & 30th, 2016

**Where:** Saco Community Center Gym

**Times:**

- **3rd and 4th Grade:** 5:00pm-6:15pm
- **5th and 6th Grade:** 6:30pm-8:00pm

**Session Fee:** Free, but must preregister

This program is designed to help players prepare for the upcoming Travel Basketball season and be ready for evaluations. Sessions will be instructor-led and structured as follows:

- **Dynamic warm up and body balance**
- **Offensive Skill (Ball handling, Passing, Screens, etc.)**
- **Defensive Skill (On Ball, Off ball, Rebounding, etc.)**
- **Shooting (Off catch, Off Dribble, Free Throws, etc.)**
- **Scrimmage/Application**

**Please bring sneakers, exercise clothing & a water bottle!**

**Don't miss out on the fun! Register today at [www.sacorec.com](http://www.sacorec.com)**

**Any questions please call Saco Parks and Recreation Office at (207) 283-3139**

