



NOTHING BUT NETS

2019 YEAR-ROUND BASKETBALL PROGRAM

May Bldg. • 935 10th Ave. Huntington, WV 25701 • (304) 525-8127 | Phil Cline Family YMCA • 917 9th St. Huntington, WV 25701 • (304) 697-7113 | Kennedy Center • 5800 Ohio River Road, Huntington, WV 25703 • (304) 522-0616

FOR BOYS AND GIRLS

PROGRAM REGISTRATION now until March 2nd.
Clinic runs from March 5 - March 28

COST Y Member \$40 | Non-Y Member \$60

SESSIONS Two sessions per week (Tuesday/Thursday)

TIME 5:15-6:15 (3-6 yrs old) | 6:30-8:00 (7-middle school)

Future Clinic Dates:

April 9 - May 2

May 14 - June 15 (Basketball Spring League)

June 25 - July 25

August 6 - September 7 (Basketball Summer League)

September 17 - October 10

To register, or for more information, contact:

DuRon Jackson 304.697.7113 | djackson@huntingtonymca.org



Ages 3-Middle School

Please complete all information. Incomplete forms will not be processed.

PLAYER INFORMATION **PLEASE PRINT CLEARLY**

MEMBER NO. _____ DATE OF BIRTH _____ SEX: MALE FEMALE
 LAST NAME _____ FIRST NAME _____ M.I. _____
 PARENT / GUARDIAN NAME(S) _____
 STREET ADDRESS _____ APT. NO. _____
 CITY _____ STATE _____ ZIP _____
 HOME PHONE: (____) _____ CELL: (____) _____ EMAIL: _____

MEDICAL / EMERGENCY INFORMATION

IMPORTANT LIST ANY MEDICAL PROBLEMS OR LIMITATIONS _____

PERSON TO NOTIFY IN CASE OF AN EMERGENCY
 NAME _____ RELATIONSHIP TO CHILD _____ PHONE: (____) _____
 NAME _____ RELATIONSHIP TO CHILD _____ PHONE: (____) _____

DATE ____/____/____
LAST NAME _____

FIRST _____

I do hereby waive, release, and forever discharge the Huntington YMCA, its employees, independent contractors, or anyone acting on its behalf, from any and all liability for injuries and damages resulting from my child's participation in any activities sponsored by the YMCA, including those injuries or damages that may be incurred by the use of equipment furnished by the YMCA. By signing below, I acknowledge there may be health risks associated with my child's participation in the YMCA's program(s), which may include, but not be limited to, transient lightheadedness, fatigue, fainting, abnormal blood pressure, chest discomfort, leg cramps, and other exercise related ailments that I willfully assume those risks. I understand that I may request that my child stop or delay his or her participation in any activity and that my child may be requested to stop and rest by any YMCA representative who observes any symptoms of distress or abnormal response to activity, I declare that I have read, understood, and agree to the contents of this concerned agreement in its entirety.

_____/_____/_____
Parent / Guardian Signature Date Parent / Guardian Signature Date

DROP OFF at any Y location or **MAIL APPLICATION TO:** YMCA | 917 9th Street | Huntington, WV 25701



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YEAR-ROUND BASKETBALL PROGRAM

The fundamentals of basketball are the foundation for every individual play, offensive or defensive strategy, and move that your players make. The best players have perfected the basics of the game. Learning and mastering these basics make the rest of the game much easier!

DRIBBLING

Most coaches use dribbling and ball handling interchangeably. Though they are linked, the skills are definitely separate.

- Dribbling and controlling the ball is a skill that can be practiced alone and is separate from the other ball skills on the court.
- Ball handling involves knowledge of the game and integrates dribbling, passing and decision-making.

PASSING

Basketball is a team game. By definition, that means all players are involved with the process of playing the game and should function as one. One of the primary skills created to accomplish this is passing. Yet, passing remains one of the most under-taught, under emphasized, and under drilled skills in the game.

SHOOTING

The objective of the offense in basketball is accuracy of each attempted shot. Most players recognize this; but, only the better shooters learn how to practice correctly and work at improvement year-round.

BASKETBALL MOVES

Are generally individual actions used by players in basketball to pass by defenders to gain access to the basket or to get a clean pass to a teammate.

DEFENSE

In order to stop the ball and deny dribble penetration, you must begin with a good stance. If you don't have a good stance, you won't have a good defensive slide, and you'll constantly be out of position and off-balance. This will enable the offense to score on you at will. EVERYTHING begins with a good defensive stance!

REBOUNDING

More rebounds mean more opportunities for your team to score and less opportunities for your opponents.

PLAYERS only get better when they play year-round. Not every kid plays travel ball, here is the alternative. Focus is on Skill Development and Basic Fundamentals.

FOR MORE INFORMATION:

Phil Cline Family Y | 304.697.7113 | www.huntingtonymca.org