



# ARE YOU AS GOOD AS YOU CAN BE... MAKE AN IMPACT ON YOUR GAME!

## 2009/2010 Registration Form

### How to Register...

Send completed registration form & cheque(s) payable to:  
Stephen Cuevas, 37 Meadowview Ave, Guelph, Ontario N1H 5S7 (519)827-0534

### Fall / Winter Skills Sessions Sept 21/09 – May 3/10 ... Program Participants start at any time!

Skills Development Ages 6-8	Sunday 2 – 4 pm @ St. Michael Wed 5 – 6 pm @ Sacred Heart	Pricing for Skills Packages			
		Yellow	Red	Blue	Silver
Skills Development Ages 9 – 13	Sunday 4 – 6 pm @ St Michael Sunday 6 – 8 pm @ St Michael Monday 6 – 8 pm @ St Michael Wed 6 – 8 pm @ Sacred Heart Fri 6 – 8 pm @ St Michael	\$300 <input type="checkbox"/>	\$600 <input type="checkbox"/>	\$830 <input type="checkbox"/>	\$1600 <input type="checkbox"/>
	<b>Early Bird Pricing before Oct 6/09</b>				
Skills Development Ages 12+	Sunday 6 – 8 pm @ St Michael Monday 8 – 9:30pm @ St Michael Wed 8 – 9:45 pm @ Sacred Heart Fri 6 – 8 pm @ St. Michael	\$280 <input type="checkbox"/>	\$570 <input type="checkbox"/>	\$790 <input type="checkbox"/>	\$1400 <input type="checkbox"/>
	Advanced 1 on 1 - Ages 12+	Sunday 12:30 – 2 pm @ St. Michael Tuesday 7:00 – 8:00 pm @ St. Michael	\$425 <input type="checkbox"/>		
Strictly Shooting - Ages 12+	Monday 9:30 – 10:30 pm @ St. Michael Tuesday 8:00 – 9:00 pm @ St. Michael	\$350 <input type="checkbox"/>			
Big Man Training - Ages 12+	Tuesday 9:00 – 10:00 pm @ St. Michael	\$425 <input type="checkbox"/>	<b>NEW for Fall 2009</b>		
Girls Only Training – All Ages	Tuesday 6:00 – 7:00 pm @ St. Michael	\$250 <input type="checkbox"/>	<b>NEW for Fall 2009</b>		

### Summer Outdoor Basketball Training & Activity Camp...9 am – Noon...June 29/09 – Aug 28/09

Ages	Norm Jary Park - Shelldale Cres Behind Willow Rd near Splash Pad	Session Duration	By Mar 1/09	By Apr 1/09	By May 1/09	By June 1/09	At the Door
8 -10 Group 1	9 – 11 am Fundamentals Training 11 – 12 noon 3 on 3 or 4 on 4 games Early Drop-off or Late Pick-up: \$30/week	1 week	\$ 85 <input type="checkbox"/>	\$ 90 <input type="checkbox"/>	\$ 95 <input type="checkbox"/>	\$ 100 <input type="checkbox"/>	\$ 105 <input type="checkbox"/>
11 - 12 Group 2		3 weeks	\$ 250 <input type="checkbox"/>	\$ 260 <input type="checkbox"/>	\$ 270 <input type="checkbox"/>	\$ 275 <input type="checkbox"/>	\$ 280 <input type="checkbox"/>
13 - 14 Group 3		Full Summer	\$ 600 <input type="checkbox"/>	\$ 620 <input type="checkbox"/>	\$ 630 <input type="checkbox"/>	\$ 640 <input type="checkbox"/>	\$ 650 <input type="checkbox"/>
15 – 16 Group 4							

### Summer High Intensity Basketball Training Program...June 29/09 – Aug 23/09

Ages	<b>Bare Bones Package:</b> Advanced Skills, Video Analysis, Plyometrics Training	<b>All Inclusive Package:</b> Advanced Skills, Video Analysis, Plyometrics Training, Weight Training, Nutritional Consultation
7 weeks: \$ 1540 <input type="checkbox"/>	Early Bird by May 15: \$ 1450	7 weeks: \$ 2060      Early Bird by May 15: \$ 1970
6 weeks: \$ 1320	Early Bird by May 15: \$ 1230	6 weeks: \$ 1770      Early Bird by May 15: \$ 1680
5 weeks: \$ 1100	Early Bird by May 15: \$ 1010	5 weeks: \$ 1475      Early Bird by May 15: \$ 1385
3 weeks: \$ 660	Early Bird by May 15: \$ 600	3 weeks: \$ 925      Early Bird by May 15: \$ 835

### March Break Workshop...March 15/10 – March 19/10...St. John's-Kilmarnock, Breslau

Boys	Division 1 9 – 11 yrs	Division 2 12 – 13 yrs	\$140/participant (\$10 off for 2 siblings; \$15 off for 3 or more; \$20 off for groups of 5 or more) \$15/day for early drop-off & pick-up	Basketball techniques, strength & flexibility demo, nutritional consultation, daily lunch, karate demo, video analysis, contests, prizes, games, lots of fun! <b>Bus Transportation available!</b>
Girls	Division 1 9 – 11 yrs	Division 2 12 – 14 yrs		
BBBS <input type="checkbox"/>	Onward Willow <input type="checkbox"/>	Two Rivers <input type="checkbox"/>	Brant Ave <input type="checkbox"/>	Waverley Dr <input type="checkbox"/>

### Spring League...St. Michael...May & June 2010

<b>Boys</b>	Division 1 9 – 11 yrs	Division 2 12 – 13 yrs	<i>Dates and times to be announced.</i>	Player \$60 <input type="checkbox"/>
<b>Girls</b>	Division 1 9 – 11 yrs	Division 2 12 – 14 yrs	<i>Dates and times to be announced.</i>	Team \$475 <input type="checkbox"/>

Continued



## Summer League...St. John's-Kilmarnock...July & August 2010...Start dates TBC

<b>Boys</b> 15 + yrs	<i>Dates and times to be announced.</i>	EB Player \$65 <input type="checkbox"/> Team \$500 <input type="checkbox"/>
<b>Girls</b> 15 – 19 yrs	<i>Dates and times to be announced.</i>	May 1 Player \$85 <input type="checkbox"/> Team \$650 <input type="checkbox"/>

## 3 on 3 Tournament for Onward Willow...Shelldale Outdoor...Saturday, August 21/10

<b>Boys</b> 8 – 10 yrs	10 a.m.	<b>Girls</b> 8 -10 yrs	Pre-register Team \$15 <input type="checkbox"/>
11 – 13 yrs	11 a.m.	11 – 13 yrs	
14 – 16 yrs	12 noon	14 – 16 yrs	At the Door Team \$20 <input type="checkbox"/>
17 – 18 yrs	1 p.m.	17 – 18 yrs	
19+ Competitive	2:30 p.m.	19+ Competitive	Please bring a non-perishable food item!
16+ Elite	TBA	16+ Elite	
Fatman's Division	TBA		

**Team Clinics...Call for custom designed sessions.**

## 2009/2010 Registration Information

<b>First Name</b>			<b>Last Name</b>		
<b>Home Phone</b>			<b>Alternate Phone</b>		
<b>Cell Phone</b>			<b>Emergency #</b>		
<b>Email</b>					
<b>Address</b>					
<b>City</b>					
<b>Postal Code</b>			<b>Date of Birth</b>		
<b>Parents</b>	<b>Mom's Name</b>		<b>Dad's Name</b>		
<b>Experience in Basketball</b>					
<b>How did you hear about us? Please check appropriate box.</b>	<b>Internet</b>		<b>School</b>		
	<b>Advertising</b>		<b>Friend</b>		

**Important Note\*\*\* If you accept the early bird discount, you understand that this denies transferring hours from one year to the next. There will be NO transfers. After 5 sessions, there is forfeiture of payment.**

<b>Program Name</b>	
<b>Base Cost</b>	
<b>2<sup>nd</sup> Program Name</b>	
<b>2<sup>nd</sup> Base Cost</b>	
<b>Extras (i.e. early drop-off or pick-up)</b>	
<b>Discounts (i.e. early bird)</b>	
<b>Total Payable</b>	

Send completed registration form & cheque to:

S. Cuevas  
37 Meadowview Ave  
Guelph, ON  
N1H 5S7  
(519)827-0534

I acknowledge that photos & video taken at sessions remain the property of Shake True Hoops (STH) and may be used in promotional materials. I acknowledge the inherent risk in sports and will not hold Steve Cuevas nor any STH staff liable for any mishap, injury or death ensuing from STH training.

Parent/Guardian Signature \_\_\_\_\_