

**Shake  
True  
Hoops**



*viewfinder*  
**PHOTOGRAPHY**  
519-362-2400

  
**GATEWAY**

  
**ROGERS  
television**  
www.rogerstelevision.com

**MARKET  
FRESH**

**Dino's Athletic  
DIRECT**  
519-767-2825

  
**SEALY  
KARATE SCHOOLS**  
"STRENGTH IS IN UNITY"

  
**Boston Pizza**

*Carol Cupid's*  
**Fine Art Studio**

  
**GUELPH  
YOUTH  
MUSIC  
CENTRE**

**March BREAK  
Madness**

**Girls / Boys Divisions**  
( 9 - 11 years )  
(12 - 13 years)

- FEATURING**
- St. John's Kilmarnock School facilities
  - Shake True Hoops Instruction
  - Sealy Karate
  - Health Insights Inc.
  - Viewfinder Photography
  - A<sup>2</sup> Athletic Acceleration

**"Learn the fundamentals-  
DRIVE - DISH - SHOOT!"**

**5 Day Basketball Training and Lifeskills Workshop**

# Basketball Training & Recreation Session

**Monday March 15 – Friday March 19/10**

**9:00 a.m. – 4:30 p.m. daily**

**Boys Division 1: 9 – 11 years**

**Boys Division 2: 12 – 13 years**

**St. John’s-Kilmarnock School**

**220 Shantz Station Road, Breslau**

**Girls Division 1: 9 – 11 years**

**Girls Division 2: 12 – 14 years**

**Cost: \$140 per participant**

**\$130 per participant if registration received by Feb 19/10**

Early drop-off available at \$10/day ; Late pick-up available for \$15/day (see below)

Bus transportation is available. \$10 for the week one way, \$20 for the week both ways.

**Features:**

- o Shake True Hoops (STH) training in basketball techniques
- o Better Body - Strength and flexibility expert Jason Hackett
- o Nutritional consultation by Health Insights Inc.
- o Lunch provided by Boston Pizza
- o Viewfinder Photography will capture the action. See Links at [www.shaketruehoops.com](http://www.shaketruehoops.com)
- o Sealy Karate will put on a demo and offer some training techniques
- o Participants will be able to review video of their basketball techniques
- o Skill based contests and competitions
- o Prizes
- o Daily officiated games
- o Director of Operations
- o Staff of STH trained instructors
- o Volunteers in training (16 years minimum)
- o Lots of Fun!

Enrolment is limited to 54 participants.

**Bus pick-up & drop off locations:**

Guelph Youth Music Centre – 75 Cardigan Street

Mitchell Woods Public School – 670 Willow Road

**Pick-up Times:**

bus arrives 7:50 am, departs 8:00 am

bus arrives 8:15 am, departs 8:20 am

For more information call 519-827-0534 or 519-546-1571

**Make Cheques payable to S. Cuevas at: 37 Meadowview Ave, Guelph, Ont N1H 5S7**

**Check any appropriate boxes**

**8:30 a.m. Early Drop-off add \$10/day**

**5:15 p.m. Late Pick-up add \$15/day**

**Sports action photograph at an additional cost**

**STH Evaluation Report \$5**

**BALL FOR ALL MEMBERS**

<b>Waverly Drive <input type="checkbox"/></b>	<b>Brant Ave <input type="checkbox"/></b>	<b>Two Rivers <input type="checkbox"/></b>
<b>Onward Willow <input type="checkbox"/></b>	<b>BBBS <input type="checkbox"/></b>	<b>East Grange <input type="checkbox"/></b>

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Medical Issues: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

I acknowledge that photos & video taken at training sessions remain the property of Shake True Hoops (STH) and may be used for promotional purposes. 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. I acknowledge & understand that the insurance coverage precludes any pursuit of liability claims.

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