



Sports

“BUILDING A CHAMPION”

FALL BASKETBALL TRAINING ‘2025

Come train at North Jersey’s #1 basketball training facility (Bethany Community Center)!

TWYF Sports Elite trainers and coaches are some of the most experienced and most highly regarded professionals in the industry.

About The *BAC Training*: Our “Building A Champion” Fall program consists of competitive training sessions for boys and/or girls Youth Athletes. For those as young as 6 – 14 years old who are interested and motivated in learning and improving their basketball skills or their speed, strength, explosiveness or conditioning.

‘2025 FALL Basketball TRAINING Program SCHEDULE 8 Weeks / 55 Minute Sessions

September 16th – November 5th 8 Sessions / \$295 \$45 Per Session

1) Skills Development Training for Boys & Girls Youth Athletes Work on ballhandling, shooting, passing, rebounding, speed, defending & footwork. Fullcourt Scrimmage games in weeks 6, 7 & 8.

6 – 8 Yr Old Youth Athletes: Tuesdays 6 pm & Wednesdays 6 pm

9 – 14 Yr Old Youth Athletes: Tuesdays 7 & 8 pm and Wednesdays 7 & 8pm

2- Agility, Strength & Explosiveness Training:

Youth Athletes participate in **Vertimax Training**

Sept 20th – November 8th 8 Weeks / 90 Minute Sessions 8 Sessions / \$365

\$55 Per Session Saturdays: 10:30 am

For General Information: Coach Carl “C-Dub” (201) 878-8385, www.teamwinfree.org or email: twyfsports@gmail.com Ask Coach Carl about 1 on 1 Training Sessions

The Best Trainers in the Best Facility!



"BUILDING A CHAMPION" BASKETBALL



'2025 FALL BASKETBALL TRAINING PROGRAM REGISTRATION FORM

Parent's Name: _____

Address: _____ City _____ Zip _____

Home Phone _____ Cell _____ Email: _____

Athlete's Name: _____ DOB _____ Grade _____ T-Shirt Size _____

School: _____ Program: _____ Fall () Winter () Time: _____ Fee: _____

Athlete's Name: _____ DOB _____ Grade _____ T-Shirt Size _____

School: _____ Program: _____ Fall () Winter () Time: _____ Fee: _____

Athlete's Name: _____ DOB _____ Grade _____ T-Shirt Size _____

School: _____ Program: _____ Fall () Winter () Time: _____ Fee: _____

Sibling Discount: Regular fee less \$25 discount. Applies to both siblings attending our basketball program within the same session.

By submitting this form, I am registering my child in the basketball activities run by *Team Winfree Youth Foundation*. I hereby agree that my child is participating at his/her own risk and that I am responsible for any illness, injury or loss that may occur. I am also responsible for any damage or injury that my child may cause. I also agree that you may utilize video, photographs and information of my child's participation on your website and other *Team Winfree Youth Foundation Program* publicity and literature. This also includes any testimonials that my child or I may provide.

Payment can be made via:

() Credit Card () Check () Cash

() Mastercard () Visa PayPal () Cash App () Zelle () Venmo () Apple Pay ()

Name on Card _____ Card Number _____ Exp Date: _____

Security Code _____ Billing Address _____

Cardholder Signature _____

Make Checks payable to "Team Winfree Youth Foundation" and mail or bring to:

Bethany Community Center 605 Pascack Rd Washington Township, NJ 07676

