



“BUILDING A CHAMPION” SPRING BASKETBALL TRAINING ‘2024

Come train at North Jersey’s #1 basketball training facility (YMCA in Wayne, NJ)! 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” Spring program consists of competitive training sessions for Boys and/or Girls Youth Athletes. Open to youth & HS athletes 8 – 17 years old who are interested and motivated in learning and improving their basketball skills or improving their speed, explosiveness, conditioning and vertical jump.

‘2024 Spring BAC Basketball TRAINING Program SCHEDULE March 11th – May 3rd

8 Weeks / 8 - 16 Sessions (55 Minutes)

- 1) Skills Development Training for Boys & Girls Youth Athletes** Work on ballhandling, shooting, passing, rebounding, defending & footwork.

Youth Athletes: Mondays & Fridays 4:45 pm & 5:45 pm

HS Athletes: Mondays & Fridays 4:45 pm & 5:45 pm

YMCA Members: \$35 Per Session 8 Sessions / \$240 16 Sessions / \$460

Non-Members \$40 Per Session 8 Sessions / \$280 16 Sessions / \$540

- 2) Speed, Explosion, Vertical & Conditioning** “Next Level” Training

Youth Athletes: Mondays & Fridays 6 pm

HS Athletes: Mondays & Fridays 6 pm

YMCA Members \$40 Per Session 8 Sessions / \$280 or 16 Sessions \$540

Non-Member \$45 Per Session 8 Sessions / \$325 or 16 Sessions \$610

Optional: “Building A Champion” Basketball T-Shirt (\$15)

Optional: One on One Training is Available (Check w/ Coach Carl for Availability)

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

The Best Trainers in the Best Facility!



“BUILDING A CHAMPION” BASKETBALL



‘2024 Spring 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: _____ Spring () Summer () Time: _____ Fee: _____

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

School: _____ Program: _____ Spring () Summer () 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 web site 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:

Wayne YMCA 1 Pike Drive Wayne, NJ 07470



Sports

