

# SACRED HOOPS BASKETBALL

COMPETE. IMPROVE. ACCOMPLISH.  
TRAINING WITHOUT LIMITS.

## WORKOUTS:

Grades 4-6: 9 am – 10 am

Grades 7-12: 10 am – noon

Workout sessions are brought to you by Allan Bertram, Jordan Long, and staff. Workouts are one or two hours in length (depending on age group) and full of energy! From the first minute to the last, we personalize workouts to focus in on the details of your game. During workouts, individualized attention and personal feedback are given by coaches and are catered for your improvement! Footwork, shooting form, and tightening up those skills are the basics in this series of evolving your game to the next level. Workouts are progressive, so athletes are encouraged to sign up for as many as possible.

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KWL will be hosting Sacred Hoops workouts this summer in Kimball and White Lake (locations TBD) for grades 4-12. Sessions will be divided into two different age groups: 4-6, and 7-12. (This is based on your grade for the upcoming school year.) Cost **per 4-6 session** is \$16. Cost **per 7-12 session** is \$20. **Sessions dates are: June 5, 12, 19, 26 and July 10, and 17.**

Please feel free to contact me if you have any questions!

[tacey.dykstra@k12.sd.us](mailto:tacey.dykstra@k12.sd.us)

Phone: 604-680-3362

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Name, Grade (upcoming school year) & Phone Number: \_\_\_\_\_  
(cell works better as I send out text message reminders and info)

I would like to participate in Sacred Hoops sessions on the following dates: (can always be changed)

June 5 \_\_\_\_\_

June 26 \_\_\_\_\_

June 12 \_\_\_\_\_

July 10 \_\_\_\_\_

June 19 \_\_\_\_\_

July 17 \_\_\_\_\_

Total Cost: \_\_\_\_\_

**\*Please submit payments at or by the first workout session. Please be prompt with your payment. Checks made out to KWL GBB please. Pay for one session at a time, or all in advance. Please have all sessions paid for by the last workout date. Please return to Lori Peters or Tacey Dykstra by May 17<sup>th</sup>.**