

## Junior Hoops

Our goal is to give kids the opportunity to develop and refine their basketball skills in a positive, fun and well-organised learning environment.

The clubs activities' are focused on the development of shooting, passing, dribbling, defence, rebounding and team play and more

### All Hoopers Will Receive

Certificate and/or Free Basketball (pending availability/numbers)

### “HANDS-ON” COACHING

Each player gets close supervision, and everyone will get assistance when they need it.

Our coaches have considerable experience helping young players to succeed and achieve their own basketball goals.

All our coaches gain Police and our clearance as suitable people to work with young people.

Contact us for more information

Basketball HQ, 96A Nuffield Avenue, Whitmore Park, Napier 4110

Telephone: (06) 833 6215

Fax: (06) 843 3019 | Text: (021) 566 368

Email: [rdc@basketballhawkesbay.co.nz](mailto:rdc@basketballhawkesbay.co.nz)

Website: [www.basketballhawkesbay.co.nz](http://www.basketballhawkesbay.co.nz)



## Junior Hoops After School Programme

Develop your basketball skills under our team of professional coaches  
Whether you are new to basketball or an experienced player you will work quickly to be able to do new moves that will help you become a better player.

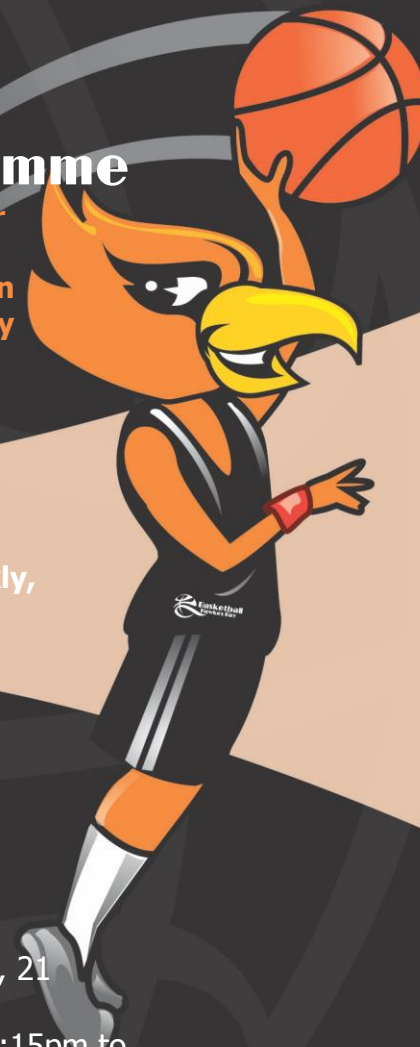
### 2013 Programme

The programme runs after school, weekly, for term 3:

#### Friday – Havelock North

Iona College, 42 Lucknow Road  
(drive up the Hill, gym on the right.  
Please note it is a One-Way road through Iona College)  
3:00pm to 4:30pm.  
Starting Friday 9<sup>th</sup> of August 2013

Napier Sessions – William Colenso School, 21 Arnold Street, Onekawa, Napier 4110  
Starting Monday 26<sup>th</sup> of August 2013 at 4:15pm to 5:15pm.



# COST

## TERM PRICE

**Havelock Session \$50.00 for all 7 weeks or pay \$10 each visit.**

**Napier Session \$40 for all 5 weeks or pay \$10 each visit.**

# OFFENSIVE SKILLS

DAILY SHOOTING INSTRUCTION!

BALL HANDLING SESSIONS!

BALL-FAKE TECHNIQUES!

MULTIPLE PASSING SKILLS!

POWER POST MOVES!

AND MUCH MORE!

# DEFENSIVE SKILLS

DEFENDING THE BALL!

FOOTWORK EXERCISES!

REBOUNDING!

STRENGTH AND CONDITIONING!

STANCE AND FORM TECHNIQUES!

"WEAK-SIDE" DEFENSE!



## JUNIOR HOOPS

First Name	Surname	Date of Birth	Gender
Contact Name		Phone	
Email		Mobile	
Payment attached	\$	Deposit	Full
Havelock or Napier			

### MAIL REGISTRATION FORM and PAYMENT TO:

Basketball Hawke's Bay, 96A Nuffield Ave, Whitmore Park, Napier 4110  
or by Internet banking (ASB 12 3144 0177861 01)

# WHO CAN ATTEND

Open to all players aged between 7 and 13 years

# WHAT TO BRING

Water bottle, white and black top and a ball if you have one



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