BASKETBALL

Henry Sibley Warrior Boys Hoops

8th Grade Off Season Workouts 2019

Welcome to the 2019 version of our off-season workouts! These workouts are skill development workouts run by the Henry Sibley high school coaches and geared toward helping our players improve their skill and basketball IQ in the off season. Because of the high level of expectations both mentally and physically, these workouts are meant for serious players who are willing to put a lot of time and effort into improvement. They are not meant for traditional "fun" but rather for players to experience satisfaction by improving their skill level and basketball IQ. **Also these workouts are meant for players who are considering, or plan on attending, Henry Sibley.**

Below are the sessions we offer. The spring one is middle school, but starting in the summer we will be with our high school program - which is why the cost is less. **We don't want to be cost prohibitive so we do offer scholarships and payment plans.** If you have any questions please contact me at the e-mail below.

Spring Session
Location: Henry Sibley High School Time: 6:00-7:30pm
Dates: March 31; April 7,14,21; May 5, 12, 26; Cost: $100

Summer Session - With the High School Program
Location: Heritage Middle School (Calendar will be provided) Time: M/W 10:30-12:30; T/Th 12:00-2:00
Dates: M-Th in June & July staring June 11th Cost: $75

Fall Session - With the High School Program
Location: Henry Sibley High School Time: 7:30-9:00pm
Dates: Sunday nights in Sept. and Oct Cost: Free as part of the high school program

Player's Name: _____ Current Grade ('18-19 School Year): _____
Address: _____
Parent/Guardian Names: _____ Parent E-Mail: _____
Parent Phone Number(s): _____,_____
Current School: _____ High School Attending: _____

I would like to sign my son up for the following session(s):

____ Spring ____ Summer ____ Fall

_____ I have enclosed payment for both sessions **(Checks to: Henry Sibley Boys Basketball Boosters)**
_____ I need to set up a payment plan or apply for financial aid.
_____ I will pay for the sessions at the start of each one.

As the parent/guardian of _____ I give him permission to participate in the Henry Sibley Boys Basketball Workouts. I acknowledge that physical activity comes with risks and I agree to not hold the coaches, Henry Sibley High School, District 197, or anyone else liable for any injury, death, or damages that may occur. I also will allow workout personnel to contact 911 for my child if needed.

Signed: _____ Date: _____

Questions: Contact Head Coach John Carrier at John.Carrier@isd197.org

Return Completed form to: John Carrier - Head Boys Basketball Coach
1897 Delaware Ave,
Mendota Heights, MN 55118