Henry Sibley Warrior Boys Hoops
Off Season Workouts 2018

Welcome to the 2018 middle school boys basketball Warrior Youth Workouts! These workouts are for **serious Henry Sibley youth players, in grades 4-8, who are looking to improve their basketball skills** in the off season. These workouts are not designed for traditional "fun" but instead for players to get the satisfaction out of improving their game. These sessions will consist of rigorous, targeted skill work taught by the Henry Sibley High School coaching staff. We use a games based approach to training that will allow kids to work on their skill while actually playing the game they enjoy.

Below are the off season skill sessions we are offering this year. There are three "sessions" - spring, summer, and fall. We are offering a deal where if you sign up for 2 sessions you get the third free. Our prices are low compared to other schools and all of the money raised goes to our booster club. **We do offer payment plans and financial assistance - all you have to do is ask.** The details for each session are in the boxes below.

Spring Session
Location: Henry Sibley High School — Time: 6:00-7:30pm
Dates: April 8, 15, 22, 29, May 6, 13, 20, 27 — Cost: $100

Summer Session
Location: Henry Sibley High School & Heritage (Calendar will be provided) — Time: 9:30-11:00am
Dates: M-W-F in June & July staring June 11th — Cost: $125

Fall Session
Location: Henry Sibley High School — Time: 6:00-7:30pm
Dates: Sunday nights in Sept. and Oct — Cost: $100 ****Free if signed up for spring and summer**

Player's Name: _____ Current Grade ('17-18 School Year): _____
Address: _____
Parent/Guardian Names: _____ Parent E-Mail: _____
Parent Phone Number: _____

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

____ Spring ____ Summer ____ Fall

_____ I have enclosed payment for all sessions **(Make 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 HSWarriorUpdate@gmail.com

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