



ROTARY BOYS & GIRLS CLUB FALL WORKOUTS 2011



Thank You for registering your Lil Baller for the Rotary Fall Workouts Program. The goal of this program is to assist all participants with preparation for the up-coming Winter Basketball season. We will concentrate on fundamentals, conditioning and game situation preparation. We hope to make it a fun and valuable experience for all that participate!

Following please find the workout schedule for the 3RD/4TH GRADE BOYS DIVISION:

DATE	EVENT	TIME	GROUP
• 10/18 (Tue)	Drills & Skills (Intro)	5:30 till 7:30 pm	Groups A & B
• 10/21 (Fri)	Drills & Skills (Ball Handling)	5:30 till 7:00 pm	Groups A & B
• 10/25 (Tue)	Drills & Skills (Shooting)	5:30 till 7:00 pm	Group A
• 10/28 (Fri)	Drills & Skills (Shooting)	5:30 till 7:00 pm	Group B
• 10/29 (Sat)	Drills & Skills (Strength & Cond.)	10:00 till 11:30 am	Groups A & B
• 11/1 (Tue)	Drills & Skills (Defense)	5:30 till 7:00 pm	Group A
• 11/4 (Fri)	Drills & Skills (Defense)	5:30 till 7:00 pm	Group B
• 11/5 (Sat)	Drills & Skills (Scrimmage)	10:00 till 11:30 am	Groups A & B
• 11/8 (Tue)	Drill & Skills (Team Offense)	5:30 till 7:00 pm	Group A
• 11/11 (Fri)	Drills & Skills (Team Offense)	5:30 till 7:00 pm	Group B
• 11/12 (Sat)	Drills & Skills (Scrimmage)	10:00 till 11:30 am	Groups A & B

SEE REVERSE FOR ADDITIONAL INFORMATION

WORKOUT GROUPS

GROUP A

Griffin Knowles
Cole Mai
Luke Festor
Marek Murray
Camron Gaines
Collin Ballbach
Christoph Butz
Lukas Varney
Cody Dreis
Thomas Paulsell
Gus Emminger
Nathan Buchan

GROUP B

Joe LeMaster
Alex Pape
Nikolas Fotopoulos
Kei Shaun Polk
Duncan Nguyen
Kenneth Thai
Chris Fuchs
Sam Rawlins
Walid Vanegas
Kyle Dickinson
Jace Sullivan
Elijah Davis
Carlos Rabbat

IMPORTANT INFORMATION

- ⇒ Please be on time for workouts. Your kids miss out when you aren't!
- ⇒ Please **DO NOT** allow younger children to run around facility unsupervised.
- ⇒ Should you have any concerns, please handle them tactfully!
- ⇒ Please be on the lookout for Winter League 2011 registration information.
- ⇒ **REMEMBER: THIS IS A DEVELOPMENTAL LEAGUE AND COACHES ARE VOLUNTEERS. LET THE KIDS HAVE FUN & DON'T TAKE IT TOO SERIOUSLY.**

We thank you in advance for your continued support. Should you have any questions or concerns please contact Aaron @ (206) 436-1886 or via email at aclaxton@positiveplace.org.