

Husker Girl's Summer Basketball Workouts

Come join Coach McDonough and the Husker Varsity Basketball staff this summer to improve your basketball game. Workouts will be held twice a week and will focus on the individual skill development of each player.

These workouts will focus on the development of fundamentals. Players will spend a majority of the time working with coaches on various drills geared toward player development. There will be a strong emphasis on "Building Your Jump Shot". There will also be an emphasis on learning our team's offensive and defensive principles.

Individual players are built in the summer. Teams are shaped during the season. Every drill will enhance skills and still be an enjoyable experience for the players.

Who: Girls Basketball Players in Grades 4 – 12 (Entering Grade)

Cost: \$70 (Includes Nike Husker Basketball Summer Camp Shirt)

Time: Tuesday and Thursday Morning
7th - 12th Grade: 9:00-11:00; 4th - 6th Grade: 11:00-1:00

Location: HS Gym

****Workouts will begin Tuesday June 8 and end on Thursday July 29****
****NO WORKOUTS June 29, July 1, July 6, July 8 (floors being waxed)****
****T-shirts will be given out once they arrive (Covid-related delays on gear)****
Let's have some fun!!!



Summer Girls Basketball- Make checks payable to Holdingford Public Schools

Participant Name _____ Grade _____ Age _____ Cost _____
\$70

Parent/Guardian _____ Address _____

Cell Phone _____ Email address _____

T-Shirt Size: YS YM YL YXL AS AM AL AXL AXXL

In order to participate in any activity, I agree to hold harmless Holdingford Area School and Holdingford Community Education, its employees, agents, volunteers and contractors harmless and I give up any right I may have to make claims or lawsuits against them. I acknowledge that this is not an essential service provided by Holdingford Schools and Holdingford Community Education. I understand and acknowledge that the activities I am about to voluntarily engage in as a participant have certain risks. I understand that these risks known or unknown, anticipated or unanticipated, may result in injury, death, illness, disease or damage to myself or my property or to other persons or their property. I voluntarily agree and promise to accept and assume all responsibilities and injuries, death, illness, disease or damage to myself or my property arising from my participation. I am voluntarily participating in activities with knowledge of the dangers and risks involved and no one is forcing me to participate.

In addition, due to the highly contagious nature of the current COVID-19 virus outbreak and potentially any other virus that can be contracted from both symptomatic and asymptomatic people, Holdingford Area Public Schools assumes no responsibility for the contraction of any illness as a result of your participation in this class or related class activities. All participants are required to comply with social distancing expectations. Failure to do so could result in removal from the program and the premises. The school will not be responsible for determining whether or not any participant has or does not have COVID-19 or any other illness before, during or after this class or class activity. Anyone having any illness is required to not attend class. It is the school district's recommendation that during the COVID-19 pandemic that the participant consult their doctor before participating and follow the CDC guidelines related to social distancing and wearing personal protective equipment.

Participant(s) Names: _____

Guardian Signature & Date: _____