



BEARCAT SHOOTING CLUB

ALEDO HIGH SCHOOL

WHAT TO EXPECT

MGBasketball workouts are designed with specific outcomes in mind:

- * Detailed Skill Development
- * Decision Making Training
- * Live Lab Play: High Frequency Offensive Situations
- * 100% focused on translating skills into a game setting

WHY MGBASKETBALL?

All workouts are 100% refundable if you are not completely satisfied with the experience. The workouts will feature practical and detailed teaching based on developing game-applicable skills. Workouts will not feature needless conditioning, and all sessions will feature live "lab" competition.



Former Collegiate Head Coach
Former NAIA All-American Player

WHO: ALEDO HIGH SCHOOL BASKETBALL PLAYERS

9th Grade: 7:00 – 8:15 am

10th - 12th Grade: 7:15 – 8:30 am

WHERE: Aledo HS GYM

WHEN: 6 Week Academy:

Every Wednesday (9/5, 9/12, 9/19, 9/26, 10/3, 10/10)

COST: \$ 120 for 6 Sessions (\$20 off before Aug 29th)

BEARCAT SHOOTING CLUB GOALS:

* **Maximum GS:3 Shooting Repetitions**

(Game Spots. Game Shots. Game Speed.)

* **Game Ready Ball Handling / Playmaker Skills**

The goal of the **Bearcat Shooting Club** will be to help each athlete improve their ability to shoot the basketball with more consistency in the game setting. We will focus on shooting mechanics, shooting footwork, and shooting feel. Moreover, during each session, we will be spending purposeful time developing game-ready ball handling and playmaking skills.

**** Limited Spots Available ****

REGISTER ONLINE: MGBASKETBALL.COM

Questions: (806) 685-8132 or mgbasketball@outlook.com

"Coach Garnett is known for his specific and detailed approach to teaching the game of basketball. He teaches players more than just the skills of the game. He teaches them how to apply those skills into game situations."

- Ron Holmes

Hall of Fame College Coach – McMurry University