7-12th Grade Upcoming Events.



WORKOUTS FOR HIGH SCHOOL/COLLEGE/MALES/FEMALES STRENGTH - SPEED - AGILITY - SKILLWORK WWW. HOOPSSTRENGTH. COM

MAY

2ND-30TH

JV AND VARSITY BOYS/GIRLS MONTHLY MEMBERSHIP

This is a special offering for any high school player. 4:00-5:30p Mon, Wed, Fri. Join us for a 90 min skills and performance session right after school.

OFFENSIVE ARSENAL WITH COACH KATIE

MAY 6TH-27TH 7:00-8:00p on Tuesdays, come learn how to finish at the basket, create your own shot, and get more consistent. 1x Drop In Option or full month enrollment available.

SCORING AND PLAYMAKING WITH COACH STEVE

MAY 7TH-28TH Wednesdays 7:00-8:00p. If you want to learn how to score off the dribble or improve your decisionmaking skills with the ball in your hand, trainer Steve White is one of the best around to teach the skills and confidence for players.

APRIL-MAY APR 23-MAY **28TH**

HOOP & MOTIVATE AT HOOPSSTRENGTH! ADVANCED ALL GIRL SKILLS AND CONDITIONING GROUP

Wednesdays in May from 7:30-9:00p. Sign up by the session to be a part of an exciting collaboration with Hoop & Motivate for a group workout focused on skill development and performance fitness.

APRIL-MAY

APR 14TH -MAY 12TH

MIDDLE SCHOOL GIRLS: JUST PLAY + TRAINING

Join the league or sign up as a 1x drop-in. Mondays 7:30-9:00p join us for a 30 min skills session followed by two 20min games.

SCAN THE QR CODE TO **DOWNLOAD THE** HOOPSSTRENGTH APP



- 1. Download the app.
- 2.Select "More" at the bottom right to create an account.
- 3. Once account is made click
- "More" to sign waiver. 4. Click "Book now" on bottom left to explore events, leagues, and trainings.

Questions? Email Dan Schaffer General Operations Manager dschaffer@hoopsstrength.com