



**Pre-Season Fundamental Basketball Workouts**  
**Boys & Girls 2<sup>nd</sup>-6<sup>th</sup> Grades**  
**Saturday Mornings | October 23<sup>rd</sup>-November 6<sup>th</sup>**

*The Grosse Pointe Lakers are pleased to offer fundamental skill workouts beginning on Saturday, October 23<sup>rd</sup>. The program will be a great way to get fundamental skill work before the winter season AAU tryouts on Sunday, November 7<sup>th</sup>.*

The workouts are designed to promote and teach the fundamentals of basketball. It is our goal to teach players important aspects of the game and to make them successful in the future. The workouts are aimed for the player that is eager to learn and have fun.



**Fundamental Focus:**

**Ball Handling | Shooting | Passing | Cutting | Screening | On ball Defense | Rebounding**

## **Program Information & Registration:**

- When: Saturdays, October 23<sup>rd</sup>, 30<sup>th</sup> & November 6<sup>th</sup>
- Boys & Girls 2<sup>nd</sup>-6<sup>th</sup> grades 9:00am-11:00am
- Cost: \$99 per player
- Where: Grosse Pointe Academy-11 Lakeshore Dr., Grosse Pointe Farms, MI 48236
- Register on-line at [www.gplakers.com](http://www.gplakers.com)
- Questions-Text/Call/Email Coach Benard at 313-580-0351 or [benards@gpschools.org](mailto:benards@gpschools.org) or Coach Richards at 313-244-1523 or [coachkrich313@gmail.com](mailto:coachkrich313@gmail.com)

\*\*\*\*\*Please Make Checks Payable to the Grosse Pointe Lakers\*\*\*\*\*

GP Lakers | 1145 Berkshire Rd., Grosse Pointe Park, MI 48230 | [www.gplakers.com](http://www.gplakers.com)