



2010 PROGRAM

PLAYERS FROM GRADE 4 TO 6

BEGINNER HOUSE LEAGUE: \$395.00

- 3 MONTHS (OCTOBER-DECEMBER): PROGRAM INCLUDES:
 - 72 SKILL SESSIONS - CYDC ACADEMY (108 GYM HOURS)
 - @ MASTER'S ACADEMY (4414 CROWCHILD TR SW)
 - 2-25 MINUTE GAMES
 - TEAMS OF 8 PLAYERS
 - CYDC T-SHIRT

TEAMS FOR PLAYERS FROM GRADE 7 TO 12

CLUB TEAM: \$1,920.00

- 10 MONTHS (OCTOBER-JUNE): PROGRAM INCLUDES:
 - 108 SKILL SESSIONS - CYDC ACADEMY (162 GYM HOURS)
 - @ MASTER'S ACADEMY (4414 CROWCHILD TR SW)
 - CMBA FALL CLUB LEAGUE GAMES, HOUSE LEAGUE GAMES AND ACADEMY
 - CMBA SPRING LEAGUE, TEAM PRACTICES, AND LOCAL TOURNAMENTS
 - CYDC T-SHIRT

ELITE TEAM: \$2,250.00

- 10 MONTHS (OCTOBER-JULY): PROGRAM INCLUDES
 - 108 SKILL SESSIONS - CYDC ACADEMY (162 GYM HOURS)
 - @ MASTER'S ACADEMY (4414 CROWCHILD TR SW)
 - CMBA FALL CLUB LEAGUE GAMES, HOUSE LEAGUE GAMES AND ACADEMY
 - CMBA SPRING LEAGUE, TEAM PRACTICES, AND LOCAL TOURNAMENTS
 - OUT OF TOWN TOURNAMENT
 - ELITE TRAINING PROGRAM
 - CYDC T-SHIRT

2010 HIGH SCHOOL PROGRAMS

HIGH SCHOOL TRAINING: \$1,200.00 Grade 10-12

- 10 MONTHS (OCTOBER-JULY): PROGRAM INCLUDES
 - DRAMATICALLY IMPROVE YOUR OVERALL GAME
 - INTENSE BALL HANDLING
 - LEARN TO BEAT THE DEFENDER OFF THE DRIBBLE
 - SKILL DEVELOPMENT STATION
 - LEARN HOW TO "CREAT YOUR OWN SHOT"
 - PROPER SHOOTING Mechanics
 - FALL LEAGUES GAMES
 - SPRING LEAGUE GAMES
 - PRACTICES & ACADEMY

NOTE: CYDC is one of the most comprehensive programs of its type in Alberta. The schedule provide is a representation of the 2010 program but may change slightly because of accessibility of gym space due conflicting school events but not limited to this.

The CYDC Training program is designed to prepare junior and high school athletes for their up coming school basketball season and to ensure all CYDC athletes are competing at their optimum level

ONLY HARD WORK, COMMITMENT AND DETERMINATION WILL HELP YOU REACH YOUR GOAL!

HOW TO REGISTER

- ONLINE REGISTRATION - REGISTRATION DEADLINE JULY31

<http://www.itsportsnet.com/league.php?scriptName=MEMBERLOGIN&leagueID=16732&cache=no>

- PAYMENTS VISA, MASTER CARD OR CHEQUE
- Mailing Address Suite 214 #63, 4307-130 Avenue SE T2Z 3V8
- Fax # 403-230-3708
- EVALUATION
 - August 24-September 5
 - Dates & Times will be posted on website

NOTE: A \$200.00 DEPOSIT IS REQUIRED FOR ALL REGISTRATION TO BE PROCESSED WITH THE EXCEPTION OF THE BEGINNER HOUSE LEAGUE, WHICH MUST BE PAID IN FULL UPON REGISTERING (THE DEPOSIT WILL BE APPLIED TO YOUR ANNUAL FEES)