



## **CYDC Jr BHL Skills Academy Program**

Our fundamental skills academy is the cornerstone of the CYDC program. The academy emphasizes progressive skill development and mastery for all age groups, across the major skill categories of the great game of basketball. CYDC coaches from all age groups, who provide progressive guidance and mentoring to the athletes, will conduct the Jr BHL program. CYDC will use station training in our large gymnasiums to maximize the impact to the athlete, and will provide a variety of skill development opportunities each session. The 8 sessions will run on Saturday at Masters Academy from 12:00pm-1:00pm. The program will focus on fun, fitness and fundament in a safe positive environment. The following represents a fraction of the skills that will be taught.

**DATES:** January 13<sup>th</sup>, 27<sup>th</sup>  
February 3<sup>rd</sup>, 17<sup>th</sup> & 24<sup>th</sup>  
March 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup>

**Locations:** Masters Academy Main Gym, 4414 Crowchild Trail SW [Map](#)

**Time:** 12:00pm-1:00pm

**Ages:** 4-7

**Cost:** \$100.00 GST included (8 Sessions)

### **Offense Technique**

- Passing technique (chest, bounce, full court, outlet, post)
- ball handling / jab step moves
- CYDC shooting technique / form shooting
- Jump shot / curl & shoot / dribble and shoot
- Left and Right Hand Layups
- 3 on 3 Games
- 4 on 4 Games

### **Individual Defensive Technique**

- Footwork / positional 1-on-1 aggressive defense / defensive stance
- Ball defense / stealing
- Pass denial technique / fronting opponent / behind opponent
- Rebounding / box out / timing and anticipation
- Containment technique
- Close-out technique



## **CYDC Jr BHL Skills Academy Program**

### **Team Defensive Technique**

- Man to Man Ball Pressure
- Denial defense / help defense
- Denying the passing lane
- Help Defensive Position
- Defensive communication

### **Mental Conditioning / Mental Process Technique**

- What it takes to play at the next level / goal setting
- Learning how to play the game the right way
- Team Sprit/Teamwork

### **Conditioning**

- Sprints / quick feet / high stepping
- Push-ups / sit-ups / Learn the Panther crawl
- Agility Drill to enhance coordination
- Nutrition and diet awareness and requirements

Email [anita.hegwood@cydcbasketball.com](mailto:anita.hegwood@cydcbasketball.com) to reserve your spot.

Method of Payment:

Cheque payable to CYDC PANTHERS (write your child's name on front of cheque & Program)



### Player Information

Player's Name \_\_\_\_\_  
First Name Last Name

Parent's Names \_\_\_\_\_  
First Name Last Name

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ email \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_ (c) \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_  
Day/Month/Year

Alberta Health Care Number \_\_\_\_\_ Gender (circle one) M F

### Medical Consent

I, the undersigned, give CYDC Panthers my permission to seek emergency medical treatment for the above named player in the event that he/she is injured while at or participating in any event or activity through CYDC.

Physician's Name \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### CYDC JR BHL SKILLS ACADEMY PROGRAM

**CYDC JR BHL ACADEMY PROGRAM** \$100.00

**Date(s) January 13<sup>th</sup>, 27<sup>th</sup>  
February 3<sup>rd</sup>, 17<sup>th</sup> & 24<sup>th</sup>  
March 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup>**

Method of Payment (circle one): Online Cash Cheque payable to **CYDC Panthers**  
(write your child's name on front of cheque & Program)

Bring your own basketball and water bottle. Photos may be taken and used on the CYDC Panthers website [www.cydcbasketball.com](http://www.cydcbasketball.com). For more information email [anita.hegwood@cydcbasketball.com](mailto:anita.hegwood@cydcbasketball.com)



## Assumption of Risks and Waiver of Liability

I, \_\_\_\_\_ [*parent name*], am the parent or legal guardian of the Player, \_\_\_\_\_ [*child name*], who will be participating in events and activities through CYDC Panthers, including basketball practices and games and other activities (which events and activities are collectively referred to in this document as the “**Activities**”). I am aware that the Activities involve many **RISKS AND DANGERS**. I understand that known and unknown risks and dangers associated with the Player’s participation in the Activities may result in personal injury, death, property damage and/or loss. I understand as well that personal injury, death, property damage and/or loss may be caused or contributed to by the **NEGLIGENCE OR CARELESSNESS** of others.

In consideration of CYDC allowing the Player to participate in the Activities, I agree, on behalf of the Player and myself and any one that may claim through the Player or myself, that:

1. **I ASSUME AND ACCEPT, WITHOUT LIMITATION, ALL RISKS AND DANGERS** associated with the Player’s participation in the Activities.
2. **I ASSUME FULL RESPONSIBILITY** for understanding and following the rules and safe practices associated with the Activities and for the Player’s personal safety.
3. **I WAIVE ANY AND ALL CLAIMS** against CYDC and its agents, representatives, coaches, players and volunteers (together with CYDC collectively referred to in this document as “**CYDC PANTHERS**”) arising from or connected with, directly or indirectly, the Player’s presence at, or participation in, the Activities.
4. **I RELEASE** CYDC PANTHERS from any and all liability for any loss, damage, injury or expense that the Player or I may suffer or incur by reason of the Player’s presence at, or participation in, the Activities, due to any cause whatsoever, **INCLUDING NEGLIGENCE ON THE PART OF CYDC PANTHERS, OR OTHER PARTICIPANTS, OR ANYONE ELSE.**

**I HAVE READ THIS DOCUMENT THOROUGHLY.**

**I UNDERSTAND THAT, BY SIGNING THIS DOCUMENT, I GIVE UP IMPORTANT LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE, ON BEHALF OF MYSELF AND THE PLAYER.**

**I UNDERSTAND THAT CYDC PANTHERS IS RELYING ON MY FULL RELEASE AND WAIVER OF ALL CLAIMS WHEN ACCEPTING THE PLAYER’S PARTICIPATION IN THE ACTIVITIES.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_