



PANTHERS SENIORS – FALL/WINTER 2011/2012

Who: Boys and girls ages 15-17 as of September 1

When: Sept 2011 – June 2012

Time: 6:30pm-8:00pm or 8:00pm-9:30pm (skill development)

Gym: Masters Academy (main gym)

What's Included in the Gym

- John Hegwood led skill development Academy sessions (up to 3 times per week)
- Saturday House League (1pm-3pm from Sept to Nov 11)
- Spring tournament registration for some teams - TBD
- CMBA Spring League (April to June)
- Minimum 200 hours of gym time
- Dryland training sessions (additional costs TBD)
- Nutrition seminar – Fall/Spring
- Panther Christmas luncheon

What's Included Extras

- Motivational discussions
- Classroom session – John Wooden Leadership
- Experienced coaches and players
- CYDC Panthers T-Shirt (Spring/Fall)
- Pair of CYDC socks
- CYDC reversible jersey and shorts
- CYDC notebook
- Draw for a Nike leather basketball
- Student Price Card (discount card)
- End of season awards banquet
- Full payment through IT Sportnet - 5% early bird discount if paid by Sept 30, 2011
- Camp discounts – 20%

W W W . C Y D C B A S K E T B A L L . C O M

TEAM TOGETHER EVERYONE ACHIEVES MORE