

Jr. Hyack Athletics

When champions fail, they get back up and try again. They don't let failure discourage them."

— Mary Ellen Clark

SPRING 2020

JR. HYACKS

Message from the Director

Hello!

Basketball is on the rise and with Winter around the corner we look to provide a warm, fun, and engaging atmosphere. No matter the age or skill, all Jr. Hyacks athlete's, male and female, are coached and managed in the best way for them. For the upcoming season, we look to build a supportive social environment that encourages friendly competition and lifelong participation in sports.

For the upcoming season, our activities, drills, and games will focus on 5- key movements

- Pulling
- Pushing
- Hip hinge
- Squatting
- Planking



This will allow participants to be competent and confident enough to participate in recreational sports throughout their lifetime. Our efforts are to ensure that each session is packed with fun and social interaction.

Jr. Hyacks Learn to Play Program

The Learn to Play Program (LTP) provides an introduction to sports through layered activities and games to youngsters aged 4-13. This program emphasizes the FUN in basketball. Coaches provide a positive atmosphere in small groups that maximizes opportunities for youngsters to learn skills. Activities include drills and lead-up games. LTP promises a fun hour with lots of action.

Jr Hyacks Learn to train & Play Program

Learn to train and play program focuses on athletes wanting to advance their basics to become more competent and confident players. In this fun high-performance environment, athletes are encouraged to set goals and work towards achieving them through self-assessment and reflection. This program is for athletes wanting to play and further expand their knowledge and enjoyment for the game.

Registration

To register go to www.riseupball.com click more and select Jr. Hyacks and pick between L.T.P or L.T.T.P.

Groups	Aged (years)	Fee
Boys & Girls		
LTP	4 - 13	\$65
LTTP	6 - 13	\$85

Dates

Saturday, November 26	Sunday, November 27
Saturday, December 3	DEC 4 NO CLASS
Saturday, December 10	Saturday, December 11
Saturday, December 17	Saturday, December 17

Times

L.T.P	3:15pm – 4:30pm (1 hours 15 minutes)
L.T.T.P	3:15pm – 4:45pm (1 hours 30 minutes)

Additional Information

Address: 820 6th street New Westminster BC V3L 3C8

Question or concerns contact Mark @ coachmarkmitchell@gmail.com or 778-980-3566