



Spring Basketball House League 2010

Starts May 1 to June 5

Ages 4 to 6 years (Girls & Boys)
Saturdays, 9:30am to 11am

Ages 7 to 11 years (Girls)
Saturdays, 11:20am to 1pm

Frank Begley School
(1093 Assumption)

Starts April 29 - June 3

Ages 12 to 14 years (Girls)
Thursdays, 6:30pm to 8pm

Frank Begley School
(1093 Assumption)

Description:

Ages 7 to 14 years - 30 minutes speed and agility; 20 minutes basketball skills; 30 minutes games
Ages 4 to 6 years - basketball fundamentals incorporated into fun games and skill stations; 3 on 3 games

Windsor Valiants coaches and senior players will lead participants through skills and game situations.

Name: _____

Age: _____ Birthdate: _____

Month/Day/Year

Address: _____

City: _____ Postal Code: _____

Health Card: _____ Telephone: _____

Email: _____

School: _____ Grade: _____

Basketball Experience (please check)

Just starting out

Play on school team

Attend camps

*Proper shoes
must be worn.
Please ensure
kids come to
house league
wearing running
shoes and a
beverage to
drink during
break periods.*

Please read and sign:

I _____ hereby acknowledge that participation in this Windsor Valiants Program involves risk of injury, minor or serious, including permanent disability. These types of injuries may occur as a result of my own actions, the actions of others or a combination of both. I understand that the rules are designed for the safety of the participant and that I must abide by the rules set down by the organizers. I consent to participate acknowledging all risks.

Participant _____ Parent _____

REGISTRATION:

Registration fee \$50. You may also mail your form and payment of (cheque or money order payable to Windsor Valiants Basketball) to Valiants Spring House League, 4797 Shadetree Court, Windsor, ON N9G 2T9.

Email your questions to Della at skr@cogeco.ca or call 519-250-7465