



North Shore Basketball Academy @ Montroyal

www.northshorebasketballacademy.com

Come join Head Coach, Ryan Lenarduzzi of North Shore Basketball Academy this fall to have fun, get fit and learn some skills!

Skills Academy @ Montroyal (Gr. 4-7)

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The Skills Academy will help participants improve their individual basketball skills while learning team concepts in a fun and challenging environment. Each session will feature a balance of focused skill development (shooting, passing, attacking the hoop, defensive techniques) and game-play (1v1, 2v2, 3v3, 5v5). Essential skills like sportsmanship, respect and teamwork will be emphasized and utilized throughout all sessions. Each participant receives a North Shore Basketball Academy T-Shirt.

Time: Wednesdays from 12:15-12:55pm (Lunch Break)

Dates: Sept 19-November 28 (11 Sessions)

Price: \$120+GST (Includes T-Shirt)

Location: Gym

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