



Catholic Youth Organization Diocese of Brooklyn/Queens Basketball



Skills & Development Training Program



As part of the Catholic Youth Organization of Brooklyn and Queens **RETURN TO PLAY SAFELY AND SMARTLY**, we proudly present the **CYO BASKETBALL SKILLS DEVELOPMENT TRAINING PROGRAM!**

In partnership with the Sirakis Training Program, the CYO is offering this great opportunity for our basketball athletes to return to basketball activities safely in small group training sessions. This program will consist of 10 training sessions at an affordable cost. The training sessions will begin on outdoor basketball courts in Queens and Brooklyn in September. With the expected delay to the Indoor CYO Fall/Winter Season, these trainings will provide the perfect opportunity for our children to remain active and improve their individual basketball skills.

**BOYS & GIRLS
GRADES 3 through 8
BOYS & GIRLS HIGH SCHOOL
GRADES 9 through 12**

Registration Fee:
\$50 per athlete

Includes 1 Free training session & free Basketball which must be brought to each training session for safety purposes

Skills include:

Ball Handling and control,
Shooting, Finishing, Passing,
Strength and Conditioning,
Defense, Footwork and coordination
Plus much more!!

Training Sessions
cost \$25 per athlete/session

**Training schedules will be made up based on Geographical Location for easy travel!!!

Registration Form and info available
at www.cyodob.org/skills
Registration Form and \$50 fee must
be received by Friday September 4th.
Training Program begins
September 8th

For more information:
Web - www.cyodob.org/skills
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