

# CONNECTICUT HOOPSTARS

**Boys and Girls AAU Basketball**

**Fall 2011 Workout and Conditioning Program For BOYS AND GIRLS Grades 4-12**

- \* **70 Minutes of Hard Work**                      \* **70 Minutes of Basketball Drills**
- \* Individual Shooting   \* Using Screens/Fades   \* Post Moves   \* Ballhandling   \* Conditioning
- \*\* Learn proper workout techniques   \* We can help you get to the next level!

**\*\*\*SPECIAL ACL INJURY PREVENTION WORKOUTS FOR GIRLS\*\*\***

Staff: Steve Narracci, Marty Russo, Mike Papale and other Hoop Star Coaches  
Please contact Mike Papale at 203-464-9781 or [mikepapale@aol.com](mailto:mikepapale@aol.com) with any questions.

**\$150.00 per session (ACL Program \$250)**

Sessions are 4 Weeks, 2 times per week. *ACL Program is an 8 weeks/16 sessions.* Please select the days of the week. This is flexible. Please select the days you want, however, days can change based on your need as we go along. Wallingford area gyms: location of sessions to be determined.

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(Please detach here and return with your check payable to CCBC)

**Session I**      4 Weeks      September 20<sup>th</sup> - October 14<sup>th</sup>      \_\_\_\_\_

**Session II**      4 Weeks      October 18<sup>th</sup> – November 8<sup>th</sup>      \_\_\_\_\_

**ACL Injury Prevention Workout \$250** for females (16 sessions) Sept 20<sup>th</sup>-Nov 8<sup>th</sup> \_\_\_\_\_

6:50 pm-8pm

Number preferable days of week 1-4

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>	
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**Player Name:** \_\_\_\_\_

**Address, City Zip:** \_\_\_\_\_

**Phone #'s:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

Please mail your application and check to CCBC, 3 Whiffle Tree Road, Wallingford CT 06492