

# Lightning Basketball

## "Building Champions"



## Lightning Basketball Super Group

**Who:** Any boys' basketball player entering grades 9-12 for the 2009-2010 school year.

**When:** M, T, Th, (3:00 p.m.)

**Where:** Eastview High School Weight Room

**Cost:** \$125.00 this amount entitles all prospective players to:

- Unlimited use of the weight room throughout the summer
- 4 day/week lifting program
- Basketball specific agility training
- Basketball specific speed training
- Basketball specific jump training
- Conditioning workouts
- Summer strength testing in August
- Team building with your teammates
- Pre-summer testing and post super group testing

Bring completed form and payment to Coach Harris or Coach Gerber on **Wed. May 13.**

Questions: contact [mark.gerber@district196.org](mailto:mark.gerber@district196.org) or [chad.harris@district196.org](mailto:chad.harris@district196.org)

-----  
**Athlete Name:** \_\_\_\_\_

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

Fall '09

**Parent/Guardian:** \_\_\_\_\_

**Daytime Phone:** \_\_\_\_\_

**I give my child permission to attend the Eastview Basketball Super Group  
and agree to take full responsibility for accidents and injuries.**

\_\_\_\_\_  
Parent/guardian signature