



Western Mass BC

Basketball Performance Training

Individual fundamental skill development with structured game play each session, designed for players of all skill levels



Saturdays, Nov 19 - Feb 4

Boys & Girls, Ages 6-13. Space is limited.

Ages 6-9: 8:30-10am | Ages 10-13: 10-11:30am

Dates: 11/19, 11/26, 12/3, 12/10, 12/31, 1/7, 1/14, 1/21, 1/28, 2/4

Cost: \$125

Register online:

www.westernmassbc.com

All forms and payments can be submitted online

Stoneleigh-Burnham School

574 Bernardston Road, Greenfield, MA
Emerson Hall Gymnasium

What's Included:

- 10 High-Quality Basketball Trainings
- Plyometrics & Injury-prevention training from Strides Human Performance Institute
- Attend a UMass Basketball game with your family and meet the Players and Coach
- Each player will receive a Spalding basketball.

Questions? Email info@westernmassbc.com or call Jon Scagel at **413-207-1245**