

WINS For Life

Basketball Shooting Clinic

"You can practice shooting 8 hours per day, but if your technique is wrong, then all you become is very good at shooting the wrong way."

"Get the fundamentals down and the level of everything you do will rise."

- Michael Jordan



"You must have good balance. A lot of people focus on your hands with your jump shot, but it starts with your feet being squared to the basket and having good balance."

"The best shooters shoot the exact same way every single time they look at the basket."
- Steph Curry

Good Habits & Fundamentals

Consistency & Balance

Balance & Footwork

"Someone who is a great shooter will be consistent, on balance, with good footwork, that gives you power and lift" – Maya Moore

Attention to detail. Repetition. Conditioning.

"I've developed my shot by paying attention to everything I'm doing. You should shoot your jump shot the same way, every time. The conditioning combined with the repetition is the only way to make sure that your body holds up over the course of the game, and that you can perform every part of your 'A' shot." - Ray Allen (NBA record-holder for most career 3-pointers).

WINS Shooting Clinic

wins4life.com

Steph Curry, Ray Allen, Diana Taurasi, and Michael Jordan will not be at the WINS For Life Shooting clinic, but we will teach all the fundamentals and shooting essentials that they talk about. The WINS For Life coaching staff is committed to doing things the right way, and good shooters do things the right way! It's all about applying the key shooting aspects: *Good habits, sound fundamentals, proper mechanics, balance, footwork, attention to detail, repetition!, conditioning, and a dedicated work ethic.* WINS For Life incorporates all of this, while students gain confidence and elevate their skill sets".

Monday, January 20, 2020

Registration fee: \$45 per student

Grades 5-9 (boys & girls) Time: 12:00pm - 2:00pm

Outstanding Instruction. Multiple benefits - Great results!

Site: "Sports on 66", 265 West High Street, East Hampton, CT.

Registration: online (wins4life.com), or mail-in form

Please pre-register (email or call): David Vasquezna, **Office:** 860-645-1934 **Email:** wins4life@cox.net

**** WINS For Life Basketball: Clinics Registration Form (East Hampton: 1/20/20) ****

Checks payable & mailed to: WINS For Life, P.O. Box 8396, Manchester, CT. 06042-8396

Student: _____ **Grade:** _____ **Birth Date:** _____ **Home #:** _____

Mother: _____ **Cell #:** _____ **Father:** _____ **Cell #:** _____

Email: _____ **Town:** _____ ***Parent signature:** _____

one form per student / mail-in registration. Register early – we will sell out

Parental signature (above) is required to enroll the student. * With signature, I agree to all of the following: I understand basketball has risk of personal injury. As parent/guardian to participating student, I agree to full responsibility (as does the student) for the personal health/safety of the student. I accept responsibility for all financial liabilities. The student is in good physical & mental condition, and does not have a condition that could be aggravated by participation, nor has a medical condition that could place others in harm's way. I agree to allow immediate medical care, if needed. I agree to waive, release, and hold harmless WINS For Life and "Sports on 66", this includes, but is not limited to, physical, medical, and property related incidents. Each student is responsible for their personal property.

Video of this event is NOT PERMITTED. Photos & video of students in WINS For Life activities may be taken ONLY by WINS For Life staff for marketing purposes.