



Middle/High School Basketball Workouts

Come workout with our high School basketball coaches and prepare for the jump from middle school to high school or JV to Varsity.

*****Cost- FREE** for any current BSH Middle or High School students and also any Middle or High School Basketball Players in the Powhatan or Richmond area

Sessions will be broken down into 3 parts:

1. **Strength and Conditioning-** Weight Room, Agility, Speed
2. **Individual Skill Work-** Ball Handling, Shooting, Rebounding
3. **Team-** Reading Screens, Passing, Spacing, Scrimmaging

Dates: Thursdays **April** 11, 18, 25 **May** 2, 9, 16, 23, 30

Time: 6:00-8:00

Location: Blessed Sacrament Huguenot School (2501 Academy Rd Powhatan, VA)

Any middle or high school basketball player from any school is welcome to attend.

Please email Chris Hamner at chamner@bshknights.org to reserve your free spot. Space is limited