



Next Level Workouts

Girls Grades 3-7 (2014/2015 School Year)

Next Level Workouts will be starting Tuesday, May 12th. These "**Free**" workouts will consist of drills that are catered to players who want to get to the "next level". These will be high intensity workouts with very little standing around. The workouts will be highly instructional and focus on ball handling, passing, shooting, and scoring off the dribble.

Tuesday, May 12	Tuesday, July 7
Tuesday, May 19	Tuesday, July 14
Tuesday, May 26	Tuesday, July 21
Tuesday June 2	Tuesday, July 28
Tuesday, June 9	Tuesday, August 4
Tuesday, June 16	Tuesday, August 11
Tuesday, June 23	Tuesday, August 18 (RCI)
Tuesday, June 30	Tuesday, August 25

3rd/4th Grade 6:00pm-7:00pm @ Oregon Middle School

5th/6th/7th Grade 7:00-8:00 @ Oregon Middle School

More dates may be announced via Twitter, Facebook, and on the web site.

<https://twitter.com/PanthersHoops>

<https://www.facebook.com/oregonbasketball>

<http://oregonbasketball.org/>

Girls attending these workouts will not only have the opportunity to be better basketball players but will also have the opportunity to receive Oregon Panther gear. Players attending these workouts can receive the following:

10 Workouts - T-shirt

12 Workouts – Shorts

14 Workouts – Sweatshirt

“Teams are made during the season, players are made in the off season”