

The 50 Minute Workout

“Get After It”

Boys Basketball Grades Entering 4-9th

FREE

Objective: Getting better with the ball and shooting with numerous trips/attempts with little talk.
The program is a continuous buildup of maximizing your time on the most needed skills.

Instructor: Coach Nedelcoff

Dates/Times/Place “Being Late or not working to capacity does not count”

May 12, 14, 18, 19, 20, 21, 26, 28 June 2, 4, 8, 10, 11 BE ON TIME...

June 15, 16, 17 9:10 am at HS

June 29, 30, 11:30 am at HS

July 2nd (11:30 am) at HS July 6, 7, 9 (9:30 am) at HS

July 13, 14, 16 9:15 am July 14 & 15th 11:45am (different session) HS

No doubling up

* if needing Rides...try to carpool

****other dates/times will be posted soon for June and July**

Goal: To shorten the learning curve of working at your skills and increasing the intensity in a shorter period of time. I say this with the most due respect, but **this is demanding with mass drills in the skills** as stated above. Participants do not have breaks and must show the ‘want’ to be there. Boys entering 4th through 9th are only recommended. **“YOU EARN the Good things in Life, there is no entitlement”**

Note from Coach Nedelcoff

This program has gone over **extremely** well in the last four years. ***Incentives are to just ‘flat’ out improve but if you do at least (10) full workouts you get a T-shirt, if you do (13) you get an additional pair of shorts, and if you do (16) you get Nike/Adidas socks.*** We had over 40 players gain the ts level, while another 30 earned the higher level of shorts & ts and 15 earned the highest level

This program will continue through the to end of July. **Other dates will be announced and posted at oregonbasketball.org.** Hope you take the challenge.

Best Regards

Coach Nedelcoff

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oregonbasketball.org (website)