

# 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](http://wins4life.com)

Steph Curry, Ray Allen, Maya Moore, and Michael Jordan won't be at the WINS For Life Shooting clinic, but we will teach all the fundamentals & shooting essentials that made them great shooters. 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, February 18, 2019**

**Registration fee (\$45 per student)**

**Session 1: Grades 4-6 (boys & girls) Time: 11:00am-1:00pm**

**Session 2: Grades 7-8 (boys & girls) Time: 1:30pm-3:30pm**

*\* Maximum learning & reps: only 7 students per basket*

*\* Outstanding Instruction. Multiple benefits, great results!*

**Site: Ellsworth School, 1737 Main Street, South Windsor, CT.**

**EMAIL or CALL to PRE-REGISTER ([wins4life@cox.net](mailto:wins4life@cox.net), 860-645-1934)**

**\*\* WINS For Life Basketball Clinics Registration Form (South Windsor: 2/18/19) \*\***

**Checks payable to: WINS For Life (one form per person)**

**Mail to: WINS For Life, P.O. Box 8396, Manchester, CT. 06042-8396**

**Contact: David Vasquenza, Office: (860) 645-1934 Email: [wins4life@cox.net](mailto:wins4life@cox.net)**

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Town: \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Email: \_\_\_\_\_

Session 1: \_\_\_ 2: \_\_\_ Fee: \$ \_\_\_\_\_ Parents Names: \_\_\_\_\_ \*Parent signature: \_\_\_\_\_

*\* If payment has not been received by at least one-day prior to the clinic, there will be an additional charge of \$5 at the door.*

*Parent/Contact name agrees that student participant accepts full responsibility for his/her own safety. Parent contact waives/releases and holds harmless WINS For Life, LLC, Ellsworth School, and Town of South Windsor of responsibility for any physical, medical/health, and property related incidents.*