

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

"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).

Balance & Footwork

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 21, 2019

Registration fee (\$45 per student)

Grades 5-8 (boys & girls) Time: 2:30pm-4:30pm

** Maximum learning & reps: only 8 students per basket*

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

Site: "Aircraft Club", 200 Clement Road, East Hartford, CT.

EMAIL or CALL to PRE-REGISTER (wins4life@cox.net, 860-645-1934)

**** WINS For Life Basketball Clinics Registration Form (East Hartford: 1/21/19) ****

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

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

Parents Name: _____ Cell #: _____ Email: _____

Total Fee: \$ _____ *Parent signature: _____

* 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, The Aircraft Club, of responsibility for any physical, medical/health, and property related incidents.