

# 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*

### Good Habits & Fundamentals



*"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*

### Balance & Footwork

### 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).*

## WINS Shooting Clinic

[wins4life.com](http://wins4life.com)

**Outstanding Instruction - Multiple benefits - Great results!**

Steph Curry, Ray Allen, and Diana Taurasi will not be at the WINS For Life Shooting clinic, but we will teach the shooting fundamentals that they have mastered. The WINS coaching staff is committed to teaching things the right way. It's all about establishing and applying these key 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.

**Saturday, November 28, 2020**

**Registration fee: \$50 per student**

**Grades: 5-7 (boys & girls) Time: 3:15pm - 5:15pm**

**Site: AirCraft Club, 200 Clement Road, East Hartford, CT.**

**REGISTER:** online ([wins4life.com](http://wins4life.com)), or pre-register (email or call): David Vasquezna, [wins4life@cox.net](mailto:wins4life@cox.net), 860-645-1934

**\*\* WINS For Life Basketball: Shooting Clinic registration form (East Hartford: Sat., 11/28/20) \*\***

**Checks payable & mailed to: WINS For Life, P.O. Box 8396, Manchester, CT. 06042-8396**

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Home #: \_\_\_\_\_  
Mother: \_\_\_\_\_ Cell #: \_\_\_\_\_ Email: \_\_\_\_\_  
Father: \_\_\_\_\_ Cell #: \_\_\_\_\_ Email: \_\_\_\_\_  
Town: \_\_\_\_\_ \*Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Students are required to wear masks during this clinic. \*With signature above, I agree to all of the following:**

I understand basketball has risk of personal injury. As parent/guardian to the participating student, I agree to full responsibility (as does the student) for their health & safety. I accept responsibility for all financial liabilities. The student is in good physical and mental condition and does not have a condition that could be aggravated by participation, nor has a medical condition that could place others in harm's way. I agree to allow immediate medical care, if needed. I acknowledge the contagious nature of COVID-19. I voluntarily assume and accept the risk that the student named above may have increased exposure to this virus. I and the participating student understands that during the CT. Phase 2.1 guidelines basketball participants are required to wear a mask during all activities. We agree to comply with this. I agree to waive, release and hold harmless WINS For Life, LLC of any and all liabilities, including physical, medical, health and property incidents. This waiver includes the WINS For Life staff and the AirCraft Club and Pratt & Whitney. Each student is responsible for their personal property. Photos & video of students in WINS activities may be taken by WINS staff only and can be used for marketing purposes. Refund requests are evaluated individually. If granted, refunds may be assessed a service fee (checks: \$15, credit cards: \$20).