



Hustle Smile Ruthless Basketball Training

We are very proud of our excellent reputation for working hard, being great team mates, and having a positive attitude. It is with great honor that we help younger players to be at their very best through our comprehensive training and team-building program.

Our basketball training is all about improving the skills and fundamentals of our players in a more personalized setting that can be adjusted according to the level of the players involved. The workout sessions focus on skill development through drills and small group instruction. Small group settings consist of 4-8 players with each session lasting about an hour. Our fee is \$20 per hour per session. We will plan to have 2 sessions per week, with the number of sessions to be determined by interest.

Fees/ additional information-

- Each one hour session is \$20.00/participant/hour, with the understanding that there may be up to 8 participants in a session. **(open to boys and girls going into grades 5-10)**
- Session dates/times will be worked out between directors and participants. We are planning on morning training sessions while doing our best to accommodate session requests.
- We ask that each participant commit to a minimum of 2 training sessions per week. Participants may sign up for all 6 dates. Failure to show up for a scheduled work out will still be charged the \$20.00 for the training session.
- Training sessions are scheduled for RTR high school gym. (location subject to change if there is a gym conflict)
- HSR training requests prepayment returned with registration.

Training Dates/Times (please indicate preference 1 as top preference and 4 as lowest preference) We may need to adjust due to trying to group similar ages/gender.

June 4- 8:00____ 9:00 ____ 10:00 ____ 11:00 ____

June 6- 8:00____ 9:00 ____ 10:00 ____ 11:00 ____

June 11- 8:00____ 9:00 ____ 10:00 ____ 11:00 ____

June 13- 8:00____ 9:00 ____ 10:00 ____ 11:00 ____

June 18- 8:00____ 9:00 ____ 10:00 ____ 11:00 ____

June 20- 8:00____ 9:00 ____ 10:00 ____ 11:00 ____

Participant name/grade_____

I hereby authorize the directors of the HSR Training program to act for me according to their best judgment in any emergency requiring medical attention, and waive and release the directors, RTR Basketball Booster Club and RTR School from any and all liability for any injuries my son/daughter may sustain while at the training. I also certify that my son/daughter is medically fit to participate in the HSR Training program. In addition photos of my child may be utilized for advertising purposes. I also understand that this form must be returned prior to participation along with pre-payment.

- Parent/Guardian Signature:

- Date: _____

- I am aware of the nature of this activity and I hereby assume responsibility

for _____ to participate.
(participant's name)

- I have included pre-payment of \$ _____ for _____ training sessions.
(amount) (number)

- Emergency Contact
(name/number): _____

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(please print)

Contact information: Cooper Hansen (507-626-4670) cooperhansen08@gmail.com

and Carter Hansen (507-626-4590) carterhansen00@gmail.com