

BUILT BY

# PHOENIX BASKETBALL



## PHOENIX 2019 FALL/ WINTER WORKOUT SESSIONS

### BOYS COMPETITIVE AAU BASKETBALL CLUB

GLOUCESTER HIGH SCHOOL  
2060 OGILVIE ROAD, OTTAWA, K1J 7N8

PLAYER REGISTRATION FORM

Player First Name: \_\_\_\_\_

Player Last Name: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Home Tel: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Player E-mail: \_\_\_\_\_

Parents E-mail: \_\_\_\_\_

Parent Cell: \_\_\_\_\_ Player Cell: \_\_\_\_\_

Player Date of Birth: \_\_\_\_\_

Age \_\_\_\_\_ Grade: \_\_\_\_\_

Are you currently playing on another city club team: Yes \_\_\_\_ No \_\_\_\_

If yes, list team name \_\_\_\_\_

TEAM:  
BOYS 7/8TH GR. BOYS 9TH GR. BOYS 10TH GR BOYS 11TH GR BOYS 12TH GR.

*For more information contact Coach Andy Waterman  
email: ottawaphoenixbb@gmail.com*

### HIGHLIGHTS

- TEAM AND PERSONAL INSTRUCTION SKILLS TRAINING
- INTENSIVE WORK ON FUNDAMENTALS
- TEAM COMPETITON
- INSTRUCTIONAL AND HIGHLIGHT FILMS
- INTRODUCTION TO STRENGTH AND BASKETBALL SPECIFIC TRAINING
- PLAYER EVALUATIONS
- COACHES ARE QUALIFIED HIGH SCHOOL AND CLUB TEAM COACHES
- FALL SEASON: SEPT. 2019 - FEB. 2020

GR. 9- 12 FEE: \$275.00

GR. 7/8 FEE: \$135.00

*\*Please make cheque payable to:  
Ottawa Phoenix Basketball*

- THIS IS A COMPETITIVE AAU BASKETBALL CLUB FOR GRADES 6 TO 12
- STUDY HALL BEGINS AT 5:15 PM UNTIL 6:30 PM EACH PRACTICE NIGHT, PLEASE CHECK WEBSITE FOR PRACTICE TIMES
- THIS IS NOT A DROP IN CENTER. PLAYERS ARE TO UNDERSTAND THAT THIS ORGANISATION EXPECTS A HIGH LEVEL OF COMMITMENT TO ACADEMICS, ATHLETICS, YOUR TEAMMATES AND THE COACHES WHO HAVE VOLUNTEERED THEIR TIME TO YOUR CONTINUED PERSONAL GROWTH AT THE GAME OF BASKETBALL AND YOUR OVERALL WELBEING.

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