

**GIRLS TRAINING ACADEMY**

**\*\*FEBRUARY 2017\*\***

**Mitchel Gym**

**9 West Road, Garden City, NY 11530**

***Make it Happen*** during focused 75-minute training sessions using a combination of skill, drill, and play as well as strength and conditioning training each session. *You will be:*

* introduced to new skills
* training at game speed
* implementing your developing skills in controlled game situations
* strengthening & conditioning

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| **Session I** | **Session II** |
| ***1:15-2:30pm*** | ***2:45-4:00pm*** |
| ***Grades 4, 5 & 6*** | ***Grades 7 & 8*** |
| ***Saturdays 2/4, 2/11, 2/18, 2/25*** | |
| ***$30/per session*** | |

**Registration & Payment:**

Spots are limited and will be filled on a first come first serve basis. Please note that these will be the last training sessions until the start of the AAU season.

Reply to [bethany@risingstarsinc.org](mailto:bethany@risingstarsinc.org) to reserve a spot for each session. Please include your daughter’s name, grade, and session(s) they wish to attend.

Payment will be accepted at the beginning of each session you attend.

For more information visit www.risingstarsinc.org or email us at bethany@risingstarsinc.org