



Monday FUNdamentals



COACH BENGE AND HIS STAFF ARE EXCITED TO GET THE OPPORTUNITY TO WORK WITH FUTURE LADY QUAKER ATHLETES AND INSTILL THE CHARACTERISTICS THAT WILL ALLOW THEM TO DEVELOP SOLID BASKETBALL FUNDAMENTALS.

Dates: 5 MONDAY SESSIONS – 4/8, 4/15, 4/29, 5/6, 5/13

Cost: \$30 (Make checks payable to R.P.G.B.)

Times: 5:30 p.m. – 7:00 p.m. (GRADES K – 8th)

Location: Plainfield High School Fieldhouse

SKILLS THAT WILL BE ADDRESSED

- Teamwork
- Shooting (Form & Footwork)
- Ballhandling / Passing
- Individual Moves
- Reading / Using screens
- Defense

Sign- Up Form

Name _____

Grade _____

Parent/Guardian _____

Contact Number in Case of Emergency _____

Payment: (for staff use)

Cash: _____ Amount: _____

Check #: _____ Amount: _____

Staff Initial: _____

I/We do hereby present to the Monday Fundamentals Skill Clinic this Waiver of Liability and do hereby waive any and all rights and claims against the Monday Fundamentals Skill Clinic and its instructional staff. I/We do further agree to indemnify and save harmless the Monday Fundamentals Skill Clinic staff from any liability whatsoever arising from injuries suffered as a participant in this clinic. It is agreed that this Waiver of liability is submitted as an inducement to enroll.

Student Name (print) _____

This agreement is signed as a free and voluntary act with full knowledge of the contents thereof.

Parent Signature _____

If you have any questions, please email Coach Menser at mmenser@plainfield.k12.in.us