Rise & Shine Workouts

The Sanford POWER Basketball Academy's "Rise & Shine Workouts" are designed to get you ready for the season that is right around the corner! During these sessions, led by Freddy Coleman, athletes will focus on ball handling, passing, finishing and shooting. This workout is about having the basketball in your hands, improving your own individual game and focusing on skill development.

Who: Boys and Girls, Grades 9-12

What: Rise & Shine Workouts

When: Thursdays 6:45-7:45 AM
- October 25
- November 1, 8, and 15

Where: Lake Park High School Gym

Cost: $40.00

*Please make checks payable to Sanford POWER

www.SanfordPOWER.com

SANFORD POWER BASKETBALL ACADEMY

014004-00404 9/18

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