



FALL SEASON WARM UP - **Girls and Boys - WORKOUTS** 3rd-8th Grade

These sessions will be pay as you go, along with the FREE Sunday sessions that will help us get a good look at #'s for the teams on both the Girls and Boys side at each age level for the upcoming seasons.

The purpose of the Rocklin Basketball Club is to provide an opportunity for Boys and Girls that live in the Rocklin Unified School District attendance area to improve their basketball skills in a competitive/fun environment while preparing players for success in middle school/high school programs.

RBC teams will be led by experienced coaches, under the supervision of **Brett Ost** (RHS Director of Player Development), **Kenny Smith** (Head Freshmen Coach) Brett Ost and Kenny Smith work closely with **Steve Taylor** (Head Boys Basketball Coach at Rocklin HS) and Current Girls Varsity Head Coach **Jenna Villalba** to create and develop a consistent message / teaching of the High School Program concepts, terminology, and philosophies.

These training opportunities will be on the below dates. Fall Season will start September 6th and end November 5th which will lead into the WINTER Season.

BOYS Training Opportunities / Meet and Greet \$10/ Session (1 hour)

Age level / Grade	Date	Time	Location
3/4 th	8/15 & 8/22	6-7pm	Granite Oaks Middle School
5/6 th	8/15 & 8/22	7-8pm	Granite Oaks Middle School
7/8 th	8/15 & 8/22	8-9pm	Granite Oaks Middle School
SUNDAY FREE	8/21 & 8/28	11am-2pm	Rocklin High School

GIRLS Training Opportunities / Meet and Greet \$10 / Session (1 hour)

Age level / Grade	Date	Time	Location
3/4 th	8/25	6-7pm	Granite Oaks Middle School 8/25
5/6 th	8/25	7-8pm	Granite Oaks Middle School 8/25
7/8 th	8/25	8-9pm	Granite Oaks Middle School 8/25
SUNDAY FREE	8/21 & 8/28	11am- 2pm	Rocklin High School

REGISTER ONLINE @ Rocklinbasketballclub.com

Email- Rocktownbasketballclub@gmail.com