

New student athletes will be called with an open time slot.
If no opening, athlete will be placed on waitlist.



ALL STAR
PRIVATE/SEMI PRIVATE
Hoop Workouts

Male Female

Name _____

Address _____

City, State, Zip _____

Phone _____ DOB _____

Email _____

Best days for workouts (M-Sun) _____

Allergies/Medications _____

Parent/Guardian Name _____

Emergency Contact _____
(Name & Number)

The undersigned parent/guardian of _____ give(s) permission for my/our child to participate in this sports activity. I/we acknowledge the activities which our child will be engaged in and understand that Definitely Sports, Inc. (DSI) assume no liability for any injuries to the person or property of my/our child. In consideration for the opportunity for my/our child to participate in camp/workouts, I/we do hereby release and forever discharge DSI and its successors, sponsors, assigns, agents, and employees/volunteers from all damage arising out of the sports activities which my/our child will participate. As further consideration for our opportunity for my/our child to participate in this sports activity, the undersigned hereby agrees to protect DSI against any claims of damages, compensation or otherwise on the part of our child or any other party, arising out of or resulting from injury to my/our child in connection with any camp/workouts activity and to reimburse or make any loss or damage or cost that DSI may have to pay if any litigation arises from said injuries.

Parent/Legal Guardian _____ Date _____

There is NO Off-Season!

NCAA CHAMPS, EUROPEAN STARS,
STATE CHAMPS, ALL LEAGUE PLAYERS,
1000 POINT SCORERS, CYO ALL-STARS

HOOP WORKOUTS

Ball Handling, Shooting
Post Play and more...

****By appointment only. Private Gym****

Workout Guidelines

Arrival

Arrive no later than 10 minutes before your session to stretch properly and remember to drink plenty of fluids beforehand.

Food

Before any workout eat only appropriate foods, e.g. — fruits, dry cereal, yogurts, etc.

Big Ball & Heavy Ball

We do workouts (both passing and shooting) with both balls.

Parents

Welcome to observe and comment before & after.

Do not distract your children or others from improving their game.

Schedule

Will always be confirmed before the coming weeks workout, unless you have a permanent slot.

Fees

\$45.00 per hour for Private workouts (1 on 1).

\$20.00 per hour for Semi-Private workouts (2-6 players).

\$25.00 - 30 minute workout (1 on 1)

Lateness

If you arrive late, you still must stretch before the workout begins.

Gym Location

Currently in the Sanatoga Area. (2573 E. High Street, Pottstown)

CANCELLATION

LESS THAN 24 HOURS AHEAD

THE FEE IS \$20.00 TO CANCEL. NO EXCEPTIONS.

Basketball workouts are a serious commitment!

Enrollment

We currently have 75 student athletes enrolled in workouts. They are college, high school, cyo, middle school and travel age players. If you would like to contact parents or players for referrals, let us know.

Commitment

Many players schedule workouts twice per week throughout the year (even in season) to get their shot reps and ball handling. All players workout at least once per week.

198 Hoops Academy Players Have Made It to the NCAA and Counting...

What We Offer

- Individual moves with and without the dribble
- Screens, picks, positioning
- The art of shooting: form, repetition
- Point guard skills: vision, court sense
- Big man drills, post play
- Hand/Eye coordination drills

From the Director...

Having coached at the collegiate level, I realize the drive, skills and attitude it takes to get to the next hoop level. That next level for you may be biddy, rec, cyo, middle school, high school, college, or pro. Basketball is fun, challenging and so are our workouts! If you aren't quite sure if our workouts are for you, we invite you to come watch one in person. Self-esteem and motivation are two key areas of our program... if you have the confidence, your game will improve.



Coach Sharr

About the Director

Coach Sharr has been coaching basketball for the last 30 years. He has coached at the high school, AAU and collegiate levels and is well respected as a scout. Ed is currently director of Definitely Sports Inc. Basketball Camps. He has also spent valuable time teaching at high profile camps over the years working with college and pro coaches.