

FARMINGTON REC DEPARTMENT

Prep Basketball

Director: **Jaycee Jenckes**

Summary

Prep is an entry-level basketball program for girls and boys in 1st Grade. This program is designed to introduce youngsters to the sport in a fun, pressure free atmosphere. Each child will learn the rules and fundamental skills of basketball through drills, contests, and play-by-play scrimmages. Players will gain a working knowledge of the game that will help to prepare them for our Jr. Pro Basketball program next season!

How To Register!

Registrations will be taken at the
Farmington Community Center.

Registration Deadline is December 31st
\$5 Late Fee

- In Town Residents - \$25
- Out of Town Residents - \$35

Bjorn Gymnasium

Farmington Community Center

This will be a 6 week program.
Every Saturday afternoon from
2:30 to 3:30 PM.

Calendar

TIME: 2:30 PM – 3:30 PM

January 2nd – Introduction, Agility Warm-ups, Ball Handling

January 9th – Game Rules, Confidence w/ Ball & Positioning

January 16th – Variety of Dribbling Obstacles & Foot Work

January 23rd – Passing, Hand/Eye Coordination & Catching

January 30th – Principles of Shooting & Perfecting Lay-Ups

February 6th – Game Play Scenarios, Scrimmage & Awards

For More Information!

Call (207) 778-3464 Visit www.facebook.com/farmingtonrec

This is not a Mt. Blue RSD sponsored activity, however, its materials are being distributed through the public schools as a community service. All costs associated with this program flyer are paid for by the Farmington Recreation Department.

