
THE RISING STAR



PROGRESSIONS
... We Teach!

2009 Fall Individual Improvement Clinics

WALTHAM HIGH SCHOOL
Mondays - October 26, November 2, 9, 16, 23
Grades 8 - 12 7:00 - 9:00 p.m.

WINCHESTER HIGH SCHOOL
Tuesdays - October 27, November 3, 10, 17, 24
Grades 8 - 12 7:30 - 9:30 p.m.

MELROSE HIGH SCHOOL
Thursdays - October 22, 29, November 5, 12, 19
Grades 8 - 12 7:00 - 9:00 p.m.

Thanksgiving Clinic

3 days of Basketball before the start of the High School season

WALTHAM HIGH SCHOOL
November 27, 28, 29 — 1:00 p.m. - 3:30 p.m.

Christmas Clinic

FOR GRADES 4-8

WALTHAM
December 28, 29, 30 — 9:00 a.m. - 1:00 p.m.

www.risingstarbasketballschoo.com

*Rising Star Basketball School
is owned and operated by Boston Sports Academy.*

RISING STAR BASKETBALL SCHOOL

7 Marshall's Corner

Brockton, MA 02301

(508) 588-0772

www.risingstarbasketballschool.com

PROGRESSIONS



**2008 Fall Individual Improvement, Thanksgiving and Christmas Clinics
Winchester, Waltham, Melrose**

BECOME A RISING STAR THIS FALL

**2009 RISING STAR
BASKETBALL SCHOOL, INC.
PROGRESSIONS APPLICATION**

- | | | |
|---|------------|--------------|
| <input type="checkbox"/> Waltham \$175 | 5 sessions | 7-9 pm |
| <input type="checkbox"/> Winchester \$175 | 5 sessions | 7:30-9:30 pm |
| <input type="checkbox"/> Melrose \$175 | 5 sessions | 7-9 pm |
| <input type="checkbox"/> Thanksgiving \$150 | 3 sessions | 1-3:30 pm |
| <input type="checkbox"/> Christmas \$150 | 3 sessions | 9 am-1 pm |

Pick two and take \$10 off each! Deposit is Non-Refundable.

Name _____

Address _____

Email _____

City _____ State _____

Zip _____ Phone _____

Date of Birth _____ Ht. _____ Wt. _____

As of September, 2009, I will be attending:

School _____

Grade _____ Coach _____

Level expected to play at in 2009-2010 _____

In case of medical emergency, I understand every attempt will be made to contact parents or guardians. If they cannot be reached, I hereby give my permission to the physician selected by the **Rising Star Basketball School**, to hospitalize and secure medical treatment for my child.

The person enrolling at **Rising Star Basketball School**, parent or parents or legal guardian assumes all risk of loss of property or injury to the person, including injuries resulting in death caused by or incidental to dangers associated with basketball activities and agree that there are certain inherent dangers related to basketball participation and therefore, agrees to hold Boston Sports Academy dba **Rising Star Basketball School**, its owners and employees harmless and specifically agree not to make any claim against **Rising Star Basketball School** for any of these injuries which would normally be considered to be a normal risk associated with participation in basketball activity.

Signature _____ Date _____

Health Insurance Co. _____

Address _____

Policy Number: _____

In case of emergency, call: _____

Send applications to:

Kevin O'Brien
Rising Star Basketball
7 Marshall's Corner
Brockton, MA 02301
(508) 588-0772

www.risingstarbasketballschool.com

*Complete non-refundable payment due with this application payable to
Rising Star Basketball School.*

PROGRESSIONS CLINIC

USA TODAY July 2007

"BASKETBALL CAMPS TAKE ELEMENTARY APPROACH"

High Level College Exposure Camps take on RISING STAR BASKETBALL CONCEPTS!

The summer basketball camps went back to the basics in an effort to combat games fraught with deficiencies and a dearth of team play, elite boys' camps sponsored by shoe giants Nike and Reebok stressed teaching the game...Reebok's elite player camp with 120 players...focused on balancing skill development (stations) "they say the overseas player is more fundamentally sound. That's why we're doing more stations with dribbling, passing and shooting. I'm always working on the fundamentals and not playing street ball."

EMPHASIS:

**SHOOTING (FORM, BALANCE, RELEASE)
BALLHANDLING (CONTROL, QUICKNESS)
PASSING (CHEST, BOUNCE, POST, OUTLET)
BIG MAN PLAY (POSTING AND SEALING WITH
INSIDE MOVES TAUGHT
DEFENSIVE CONCEPTS (INDIVIDUAL AND TEAM)
DECISION MAKING (GAME SITUATIONS)**

Get ready for your upcoming season by working hard at your game and improving your fundamentals. Just playing will not make you better, you need to improve your shooting, ballhandling, passing, 1X1 moves and defensive concepts.

RISING STAR Progressions and Thanksgiving and Christmas Clinics will provide you with high-energy sessions prior to the start of your season Our teaching and drills will emphasize the importance of skill development. Put yourself ahead of the competition by being ready!

Our staff will be led by **KEVIN O'BRIEN**, a veteran college coach at Boston University, Harvard, Stonehill and Brandeis. He and the staff will bring a keen understanding about player development. The importance of improving out season is critical at all levels. You will benefit from the same drills that college and professional teams use to get their players ready to compete at the highest level.

Get the individual attention you are looking for. We want quality. Your improvement and our reputation for teaching are very important to us.

fundamentals ... skill work ... confidence

PROGRESSIONS

*Fall Individual Improvement Programs
and*

Thanksgiving/Christmas Clinics

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