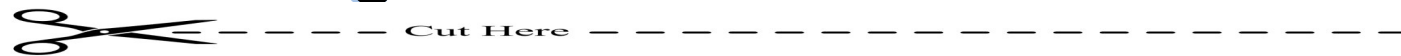


"Having goals
without a plan
is just a wish"



NAME _____

GRADE (Fall 2022) _____ JERSEY SIZE _____

Make checks payable to Hennen Workouts

(please circle payment plan below)

<u>1</u>	<u>2</u>	<u>3</u>
\$400	\$200 due June 1st \$200 due July 1st	\$100 due May 1st \$150 due June 1st \$150 due July 1st

The following times are to maximize athlete gym time in order to utilize basketball workouts, lifting, and BOOM athletics as well as working in coordination with the Canton Volleyball program gym times.

Starting Wednesday, June 1st

<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>	
Gym Opens	6:45-8:15	Live Play	7:15-8:15	Gym Opens	6:45-8:15	Gym Opens	6:45-8:15
Hennen Workout	8:15-9:15	5-7 Grade BB	8:30-9:30	Hennen Workout	8:15-9:15	5-7 Grade BB	8:30-9:30
Boom	9:15-10:00			Boom	9:15-10:00		

We are pleased to bring in Shane Hennen with Hennen Workouts to our facilities this summer. Girls will get top notch basketball skill workouts without the need for traveling out of town.



The price of these workouts is very comparable to any club/organization group workouts in the area. Payment includes all workouts, and 2 practice jerseys for next season. Payment plans available as well as scholarship money for those going through financial hardships. Just contact Coach Steffensen