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# THE RISING STAR

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## PROGRESSIONS

*Fundamentals...Skillwork...Confidence...Improvement*

### 2019 Fall Individual Improvement Clinics

**WINCHESTER HIGH SCHOOL**

*Mondays ~ October 21, 28, November 4, 11, 18  
Grades 8-12 7:30pm-9:30pm*

**XAVERIAN BROTHERS HIGH SCHOOL**

*Tuesdays ~ October 22, 29, November 5, 12, 19  
Grades 8-12 7:00pm-9:00pm*

**WALTHAM HIGH SCHOOL**

*Thursdays ~ October 31, November 7, 14, 21, 26  
Grades 8-12 7:00pm-9:00pm*

### ISL/Prep School Clinic

**MEADOWBROOK HIGH SCHOOL**

*November 8, 9, 10*

*Great for getting private school players ready for their upcoming  
early tryouts and season. Public School players welcome too!*

### Thanksgiving Clinics

**SAVAGE CENTER, NORWOOD**

*Nov. 29, 30, Dec. 1 9:30am-11:30am Grades 8-12*

**WALTHAM HIGH SCHOOL**

*Nov. 29, 30, Dec. 1 1:00pm-3:00pm Grades 8-12*

*Three days prior to tryouts to help you shine!*

### Christmas Clinics

**ROOSEVELT SCHOOL, MELROSE**

*December 26, 27, 28 9:00am-11:30am Grades 4-9*

**WALTHAM**

*December 26, 27, 28 1:00pm-3:30pm Grades 4-9*

*Geared for our younger campers to stay in the game during vacation.  
Great basketball activity including skillwork, contests and games.*

## 2019 RISING STAR BASKETBALL SCHOOL PROGRESSIONS APPLICATION

|                           |            |                     |
|---------------------------|------------|---------------------|
| ___ Winchester \$185      | 5 sessions | 7:30-9:30pm         |
| ___ Xaverian \$185        | 5 sessions | 7:00-9:00pm         |
| ___ Waltham \$185         | 5 sessions | 7:00-9:00pm         |
| ___ ISL/Prep School \$165 | 3 sessions | Fri 6-8 Sat/Sun 4-6 |
| ___ Thanks. Norwood \$165 | 3 sessions | 9:30-11:30am        |
| ___ Thanks. Waltham \$165 | 3 sessions | 1:00-3:00pm         |
| ___ Xmas Melrose \$165    | 3 sessions | 9:00-11:30am        |
| ___ Xmas Waltham \$165    | 3 sessions | 1:00-3:30pm         |

*\$25 off anyone attending 2 or more clinics. 2019 Rising Star Summer Attendees can take an additional \$15 off any clinic. If you would like to pay by credit card, please go to our website to complete an online registration.*  
**www.risingstarbasketballschoo.com**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

As of September 2019, I will be attending:

School \_\_\_\_\_

Grade \_\_\_\_\_ Coach \_\_\_\_\_

Level expected to play this year \_\_\_\_\_

***Would you like to receive info on our Sweet Swing Baseball Clinics? Yes \_\_\_\_\_ No \_\_\_\_\_***

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  
2 Clocktower Place #233  
Nashua, NH 03060  
603-417-5163

*www.risingstarbasketballschoo.com*

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

***\$30 fee for any returned checks.***

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## PROGRESSIONS CLINIC

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*A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals." Larry Bird*

### USA TODAY "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) & LOTS OF SHOTS WITH PROPER FOOTWORK**
- **BALL-HANDLING (Control, Quickness)**
- **PASSING (Improved technique, court vision)**
- **BIG MAN/POST PLAY (Posting and Sealing/ Inside Moves)**
- **DEFENSIVE CONCEPTS (Individual & Team)**

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. Improving out of 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 ... SKILLWORK ...  
CONFIDENCE ... IMPROVEMENT**

### **PROGRESSIONS**

**Fall Individual Improvement Programs  
Thanksgiving & Christmas Clinics**

***www.risingstarbasketballschoo.com***

**RISING STAR BASKETBALL SCHOOL**  
**2 Clocktower Place #233**  
**Nashua, NH 03060**

*[www.risingstarbasketballschoo.com](http://www.risingstarbasketballschoo.com)*

**PROGRESSIONS**



**2019 Fall Individual Improvement and Thanksgiving Clinic in Norwood, Sharon,  
Waltham, Winchester**      **BECOME A RISING STAR THIS FALL!**