

COACHING VICTORY CANADA

“PUT IN WORK”



TRAINER: DAVID SINGLETON
587-583-6644

IDEA OF GROUP TRAINING

We are very excited to start our last small group training sessions that are design for athletes that want to increase their skill sets, improve their weaknesses, and see new results. We are focusing a lot on weaknesses and correcting bad habits. Each group I will try to structure according to age and skillset (will try my best) because I want each group to build, learn, and grow together. Please do not get focused on which group you're in but remembering our key points that we are focusing on and that's weaknesses and bad habits.

COMMITMENT

Please note down your days and times that your group will be going. Please arrive 15 minutes before your session so that your group can start right on time! Please bring your own basketball with your name on it and a water bottle. We will run small group sessions until the spring starts and will hold evaluation meetings to discuss progress at the end of each players 8th session.

DETAILS

- Payment is due upfront or payment plan (discussed with David)
 - Group sessions: \$340 per month for 8 sessions
- Rates:
 - 4 sessions = \$250 total
 - 5 sessions = \$265 total
 - 6 sessions = \$280 total
 - 7 sessions = \$310 total
 - 8 sessions = \$340 total **PROMOTION: \$40 OFF**
- Payment can be made in cash, check (**Coaching Victory Player Development**), or email: [**cvcanada403@gmail.com**](mailto:cvcanada403@gmail.com)
- Arrival time is 15 mins before workout, if you will be late please let David know
- Bring a basketball and water

LOCATION

- **Makin Hoops Gym in the NE:**

ALL SESSIONS WILL BE HERE

3805 34st NE

SCHEDULE

- The dates are:
 - March: 5th, 7th, 12th, 14th, 21st, 23rd, 26th, 28th (only 6pm and 7pm are available)
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PERMISSION

- You hereby give Coach David Singleton permission to video any parts of the workout on social media for marketing and advertising purposes only!

Player Sign: _____

Parent Sign: _____

