



IRONDALE GIRLS



Sponsored by: Irondale Basketball Association

TRYOUT WARM UPS

Get ready to shine!

The Irondale Basketball Association, in conjunction with the girls varsity program is happy to host a pre-tryout workout session on Tuesday, September 13th from 7:00—8:30 pm at Highview Middle School. Come prepared to work and get yourself ready for the upcoming competitive tryouts

What to bring:

- Basketball Shoes
- Water bottle
- A desire to work hard and listen to your instructors

Cost
is
FREE

⇒ **GIRLS VARSITY PROGRAM WILL RUN THE SESSION**

⇒ **It is intended to be a tune up session for the upcoming girls competitive tryouts scheduled for the weekend of September 17, 18**

QUESTIONS???

RSVP:

(to help better prepare the session)

Send email to: Girlsdirector@irondalebasketball.org

Information for 1st Child Attending:

Name: _____

Gender / Grade: _____

Previous competitive (Yes or No) : _____

Registered for 2016/2017 Season (Yes or No) : _____

Information of 2nd Child Attending:

Name: _____

Gender / Grade: _____

Previous competitive (Yes or No) : _____

Registered for 2016/2017 Season (Yes or No) : _____

Send email to:

Girlsdirector@irondalebasketball.org

Additional information available on www.irondalebasketball.org.