



2020 East Ridge Boys Basketball Skills and Drills Workouts

Who: All interested boys basketball players grades 3rd-12th Grade (2020-2021 School Year)

Where: East Ridge High School

What: This is the East Ridge Boys Basketball summer workout program that will be run by the East Ridge Coaching Staff. A typical session will consist of skill development drills (Shooting, ball handling, 1 on 1 moves, footwork), 1 on 1, 3 on 3, and 5 on 5 games. The main focus of the workouts will be on improving individual fundamentals and building program chemistry!

Register Here: <https://sowashco.ce.eleyo.com/>

9th -12th Grade Workouts

Schedule: 22 WORKOUTS!

When: June 10th, 11th 15-18 (7:00-8:15 am)

June 22-25, 29-July 2nd, July 13-16, July 20-23 (7-8:30 am)

Where: East Ridge High School

Registration Code: C495

3rd-8th Grade Workouts

Schedule: 16 Workouts!

Monday- Thursdays

When: June 22-25, 29-July 2nd, July 13-16, July 20-23
(8:30-10 am)

Where: East Ridge High School

Registration Code: C494

QUESTIONS?
REACH OUT TO
COACH JOSH PELTIER
(JPELTIER@SOWASHCO.ORG)

**FEE
INCLUDES
EAST RIDGE
T-SHIRT!**