

# BEST Shooting & Footwork Clinic – Des Moines Christian



**SHOOTING SCHOOL**  
**WWW.BEST-BASKETBALL.COM**

**The Midwest Leader in Shot and Footwork Fundamentals**

**Over 30 years of experience and more than 100,000 students!**

Basketball's Effective Shot Training instructs, evaluates, and develops players at all levels in the shooting fundamentals of basketball, utilizing individual attention from qualified instructors. While improving and correcting each student's shot and footwork, BEST teaches players through our proven method of stroke break-down drills and footwork drills. Students will learn to train at game-speed, so they are confident, mentally strong, and more successful in competition.

**Girls in grades 3-12 in the 2024/2025 school year:**

**Saturday, May 4 & Friday, June 7**

**Time: 10:00 am – 11:30 am**

**Where: Des Moines Christian**

**Fee – \$35**

Name \_\_\_\_\_ Grade 2024/2025 \_\_\_\_\_ Email \_\_\_\_\_

Students may register on-line at [www.best-basketball.com](http://www.best-basketball.com) or bring registration form with \$35 payment made out to BEST, Inc. to the first session

---

### Waiver and Release Statement

I, hereby waive and release any and all claims, demands, and causes of action which I may have or anyone may have through me, against BEST, its instructors and/or *Des Moines Christian* schools, for any injuries that may incur arising out of in any way at the *Des Moines Christian* schools during the months of *May and June, 2024*. I further understand and acknowledge that BEST or *Des Moines Christian* schools shall not have any responsibility for lost, damaged, or stolen property.

Student \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_