

# BEST Shooting & Footwork Course

## South O'Brien Gr 4-12 Girls and Gr 4-6 Boys



**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 grades 4-12 & Boys grades 4-6 in the 2025/2026 school year:**

**June 9, 16, 23, 30 & July 7, 21 @ 8:00am – 9:00am**

**Where: West gym**

**Fee – \$100**

**Students give registration form with \$100 payment made  
out to BEST, Inc. to: Coach Yates**

**Name** \_\_\_\_\_ **Grade Entering** \_\_\_\_\_ **Email** \_\_\_\_\_

### 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 *South O'Brien* schools, for any injuries that may incur arising out of in any way at the *South O'Brien* schools during the months of *June & July, 2025*. I further understand and acknowledge that BEST or *South O'Brien* schools shall not have any responsibility for lost, damaged, or stolen property.

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

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