

BEST Shooting & Footwork Course

O'Neill St. Mary's Catholic School



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.

**First session Girls & Boys grades 4-12 entering the 25/26 school year
on June 11 @ 12:00pm – 1:15pm**

**Girls & Boys grades 8-12 entering the 25/26 school year:
June 18, 20 & 25 @ 11:00am – 12:00pm**

**Girls & Boys grades 4-7 entering the 25/26 school year:
June 18, 20 & 25 @ 10:00am – 11:00am**

Where: HS gym

Fee – \$80

Students give registration form to Mrs. Berg with \$80 payment made out to St. Mary's Catholic

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 *O'Neill St. Mary's Catholic* schools, for any injuries that may incur arising out of in any way at the *O'Neill St. Mary's Catholic* schools during the months of *June, 2025*. I further understand and acknowledge that BEST or *O'Neill St. Mary's Catholic* schools shall not have any responsibility for lost, damaged, or stolen property.

Student _____ Date _____

Parent Signature _____ Date _____