

BEST Shooting and Footwork Course

South O'Brien Youth and HS Girls



The Midwest Leader in Shot and Footwork Fundamentals

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

Basketball's Effective Shot Training (BEST) instructs, evaluates, and develops players at all levels in the shooting fundamentals of basketball. Utilizing individual attention from qualified instructors, we improve and correct each student's shot and footwork through a proven method of stroke break-down and footwork drills. Students learn to train at game-speed to build confidence and mental strength for competition.

Boys grades 4-6 and Girls grades 4-12 in the 2026/2027 school year: Mondays June 1, 8, 15, 22, 29, and July 13 (All Sessions 8-9AM)

Where: HS Aux gym

Fee – \$100

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 April, May, June & July, 2026. 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 _____