



FALL REGISTRATION

- BASKETBALL:** For Boys & Girls
 Fall Developmental Leagues for 5, 6, and 7, 8 yr olds
 Fall AAU Club Team Leagues 8 yr old -8th grade
 Skill-Fundamental Training Classes-Personal Training
 Big Man Classes-Guard Classes-Thanksgiving
 Christmas Sports Camps
- SPEEDOLOGY:** For Boys & Girls
 We are the only sports training program that uses specially designed equipment, the Speedband, to enhance speed. This program is designed to drastically improve overall speed, sports technique, agility and core strength. No matter what sport you are in, Speedology will make you better at it.

 Program focuses on Mechanical Efficiency, 1st Step Quickness, Rapid Acceleration, Resistance Training, Balance & Agility and Positive Mental Attitude.
- VOLLEYBALL:** Ages 6 yrs – 12 yrs old
 Skills-Fundamental Training
 September thru November on Tuesday & Thursday
 Club AAU Teams (forming date & time TBA)
- NORTHSHORE TWIRL:** Ages 4 to Collegiate
 Monday & Wednesday Classes
 Class Times 5:15 pm, 6:15pm, 7:15pm
 Forming Teams, Parade and Festival Squads
 Train with 1-2 Baton, Hoop Baton, Flags, Ribbon, Baton Swords, Fire Baton & Rifles
 Camps for Thanksgiving & Christmas
- AMERICAN ALL STAR:** All Ages Male & Female
 "Stretch for Performance" class
 This one hour class is dedicated to building and enhancing flexibility thereby minimizing injury and maximizing performance. Male and Female athletes and performers of all ages and abilities are welcome.

 "Stretch, Dance & Performance" class
 This one hour class will focus on teaching, improving and strengthening the dance level of all individuals. Weekly Evening classes forming Camps for Thanksgiving & Christmas
- CHEERLEADING:** Ages 5-High School
 Weekday Evening Classes
 Forming Competative Teams And Classes Now
 Cheer Camps, Thanksgiving & Christmas Clinics

278 General Patton Dr. • Mandeville
985-773-4185

nsbttc@yahoo.com www.northshoresportsplex.com