

LCYB Dribble Club

NEW this Summer!!!

Opportunities to increase your basketball skills and build your love of the game of basketball!

Join the LCYB Dribble Club!!!

Who: K – 6 Lynchburg-Clay students

When: June 1 - July 31st

How: Perform drills and workouts from the guided videos posted on the LCYB Facebook page & the Lynchburg-Clay District website.

- Track your progress with the chart on the backside of this paper.
- Complete each Level to maximize your basketball potential this summer!
- Access new videos for each successful completion of a Level.

Where: Pick-up prizes from the high school on the designated dates and times below.

Level	Number of Days	Minutes of Dribbling Daily	Prize
1	14	15	small ice cream cone from Terry's Grocery
2	14	15	basketball
3	14	15	t-shirt

Check-Off Dates:

Friday, June 18
6-7 pm @ LCHS

Tuesday, July 6
6-7 pm @ LCHS

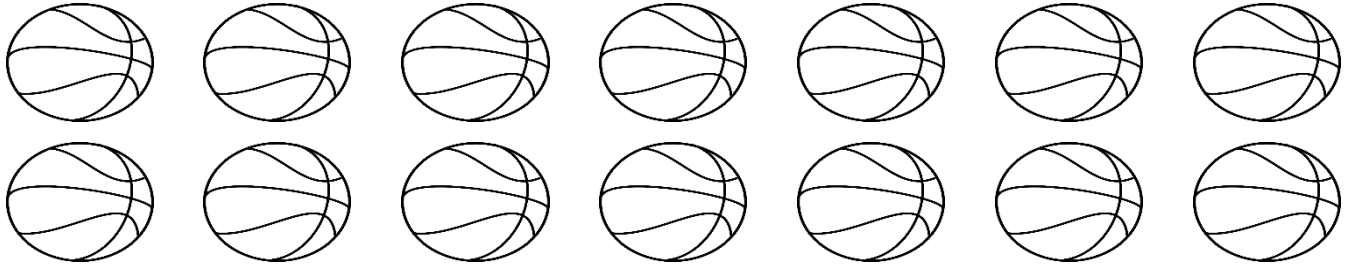
Tuesday, July 20
6-7 pm @ LCHS

Monday, August 2
6-7 pm @ LCHS

LCYB Dribble Club

Instructions: For every 15-minute dribbling video that you complete, color in one basketball. You are only allowed to color in one basketball per day even if you choose to dribble more than that.

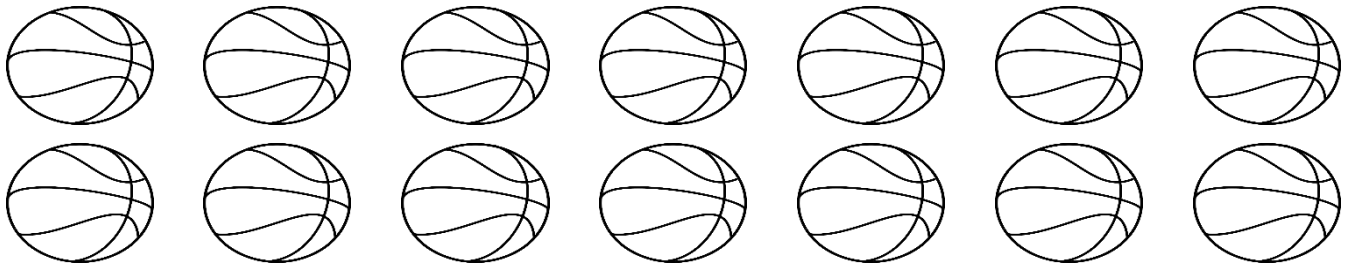
Level 1:



Level 1 complete: _____

(Must be signed & stamped by LCYB)

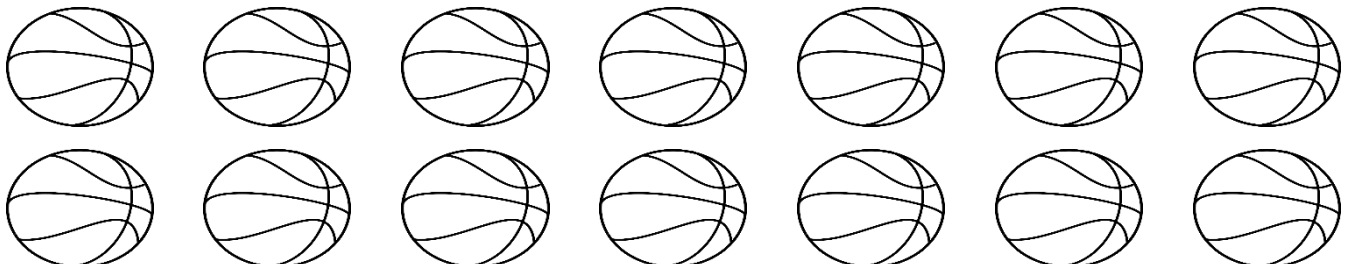
Level 2:



Level 2 complete: _____

(Must be signed & stamped by LCYB)

Level 3:



Level 3 complete: _____

(Must be signed & stamped by LCYB)