
THE RISING STAR



PROGRESSIONS

Fundamentals...Skillwork...Confidence...Improvement

2022 Fall Individual Improvement Clinics

WALTHAM HIGH SCHOOL
333 Forest St., Waltham, MA 02452
Oct 24, 31 Nov 7,14, 21

Mondays
Grades 7-12
7pm - 9pm

WINCHESTER HIGH SCHOOL
80 Skilling Road, Winchester, MA 01890
Oct. 25 Nov. 1, 8, 15, 22

Tuesdays
Grades 7-12
7:30pm - 9:30pm

SHARON HIGH SCHOOL
181 Pond St. Sharon, MA
Oct. 20, 27 Nov. 3, 10, 17 Thursdays

Grades 7-12
7pm - 9pm

Thanksgiving Clinics

SAVAGE CENTER, NORWOOD
275 Prospect St., Norwood, MA 02062
Nov. 25, 26, 27 9:30am-11:30am Grades 7-12

GANN ACADEMY, WALTHAM
Nov. 25, 26, 27 1:00pm-3:00pm Grades 7-12

Three days prior to tryouts to help you shine!

2022 RISING STAR BASKETBALL SCHOOL PROGRESSIONS APPLICATION

___ Waltham High (Mon) \$215 5 sessions 7:00-9:00pm
___ Winchester High (Tues) \$215 5 sessions 7:30-9:30pm
___ Sharon High (Thurs) \$215 5 sessions 7:00-9:00pm
___ Conflicts? Pick Any 3 Nights to fit your schedule! \$160

Thanksgiving Clinics

___ Norwood (Savage Center) \$199 3 sessions 9:30-11:30am
___ Waltham High \$199 3 sessions 1:00-3:00pm

Discounts:

___ \$25 off of any clinic for RISING STAR summer attendees 2019-2022

___ \$25 off for anyone attending 2 or more clinics
www.risingstarbasketballschooll.com

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Email _____

Date of Birth _____ Ht. _____ Wt. _____

Current Info:

School _____

Grade _____ Coach _____

Would you like to receive info on our Sweet Swing Baseball Clinics? Yes _____ No _____

In case of medical emergency, I understand every attempt will be made to contact parents or guardians. If they cannot be reached, I hereby give my permission to the physician selected by **Rising Star Basketball School**, to hospitalize and secure medical treatment for my child.

The person enrolling at **Rising Star Basketball School**, parent or parents or legal guardian assumes all risk of loss of property or injury to the person, including injuries resulting in death caused by or incidental to dangers associated with basketball activities and agree that there are certain inherent dangers related to basketball participation and therefore, agrees to hold Boston Sports Academy dba **Rising Star Basketball School**, its owners and employees harmless and specifically agree not to make any claim against **Rising Star Basketball School** for any of these injuries which would normally be considered a normal risk associated with participation in basketball activity.

Signature _____ Date _____

Health Insurance Co. _____

Address _____

Policy Number _____

In case of emergency, call _____

Send applications to: Kevin O'Brien
Rising Star Basketball
2 Clocktower Place #233
Nashua, NH 03060
617-999-0324

www.risingstarbasketballschooll.com

*Full non-refundable payment is due with this application to
Rising Star Basketball School.*

\$30 fee for any returned checks.

PROGRESSIONS CLINIC

Practice More..Play Less

Steph Curry takes 2000 shots a week. A week!

You don't get better shooting 5-10 shots a game on your club team.

Want to improve your game?

Attend RISING STAR PROGRESSIONS!

USA TODAY "BASKETBALL CAMPS TAKE ELEMENTARY APPROACH"

**High level College Exposure Camps take on
RISING STAR BASKETBALL CONCEPTS!**

The summer basketball camps went back to the basics in an effort to combat games fraught with deficiencies and a dearth of team play, elite boys' camps sponsored by shoe giants Nike and Reebok stressed teaching the game...Reebok's elite player camp with 120 players...focused on balancing skill development (stations) "they say the overseas player is more fundamentally sound. That's why we're doing more stations with dribbling, passing and shooting. I'm always working on the fundamentals and not playing street ball."

EMPHASIS:

- **SHOOTING (Form, Balance, Release)
& LOTS OF SHOTS WITH PROPER FOOTWORK**
- **BALL-HANDLING (Control, Quickness)**
- **PASSING (Improved technique, court vision)**
- **LOW POST PLAY (Posting and Sealing/
Inside Moves)**
- **DEFENSIVE CONCEPTS (Individual & Team)**

Get ready for your upcoming season by working hard at your game and improving your fundamentals. Just playing will not make you better, you need to improve your shooting, ballhandling, passing, 1X1 moves and defensive concepts.

RISING STAR Progressions and Thanksgiving Clinics will provide you with high-energy sessions prior to the start of your season. Our teaching and drills will emphasize the importance of skill development. Put yourself ahead of the competition by being ready! Our staff will be led by **KEVIN O'BRIEN**, a veteran college coach at Boston University, Harvard, Stonehill and Brandeis. He and the staff will bring a keen understanding about player development. Improving out of season is critical at all levels. You will benefit from the same drills that college and professional teams use to get their players ready to compete at the highest level.

Get the individual attention you are looking for. We want quality. Your improvement and our reputation for teaching are very important to us.

PROGRESSIONS

Fall Individual Improvement Programs

Thanksgiving Clinics

www.risingstarbasketballschoo.com

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2 Clocktower Place #233
Nashua, NH 03060

www.risingstarbasketballschool.com

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2022 Fall Individual Improvement and Thanksgiving Clinics

BECOME A RISING STAR THIS FALL!