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GIRLS BASKETBALL LEAGUE SIGN-UPS BEGIN

GRADES K-9TH REGISTRATION ENDS 2/28/11

Registration for the 2011 Boys & Girls Club of Laguna Beach girl's basketball league has begun! Sign-ups began February 1st and will end on February 28th. Girls in grades K-9 are welcome to participate in the league. Registration costs \$100 per player, which includes their uniform. Player evaluations will take place from March 3rd- March 11th and are mandatory for all players. Practices begin on March 28th, with games beginning on April 25th.

This season Boys & Girls Club of Laguna Beach is excited to announce that Velocity Sports will be offering a Girls Basketball Speed & Conditioning Camp. Velocity Sports can help developing athletes prepare for the upcoming season by making them faster, stronger, and more explosive on the court. Velocity focuses on improving speed and first step quickness, increasing vertical leap, gaining strength, and improving flexibility which reduces the likelihood of injury. This preseason conditioning camp will take place at the Boys & Girls Club of Laguna Beach and consists of 4 sessions, each 1 hour long (March 17th, 23rd, 30th, and April 7th). It is \$99 per athlete, ages 7 and up, but they must be a Boys & Girls Club member to participate in the camp. There is limited space, so be sure to sign-up early for the camp and take your basketball skills to a whole new level for the upcoming season.

Also, coaches are needed for the upcoming girl's basketball season. If you are interested in coaching please fill out a volunteer application at the Boys & Girls Club of Laguna Beach. There will be a coaches meeting Saturday, March 26th at 10:00 a.m. at the Club. For more information about signing up, volunteering to coach, or the Velocity Sports Speed & Conditioning Camp call (949) 494-2535.x 100 or visit www.bgclagunabeach.org

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