

Basketball Skills Clinic

This clinic is designed to help young athletes improve their Shooting Mechanics, Footwork, Ball Handling, Basketball IQ, Defensive Concepts, Game Play and Application.

When: Every Saturday in March

Where: Carolina Beach Rec Center

Time: 2nd - 4th grade 1pm - 2pm
5th - 7th grade 2pm - 3pm
8th - 10th grade 3pm - 4pm

Cost: Only \$100 for all four Saturday sessions

For Boys & Girls
Grades 2nd - 10th

Limited spots available!



The instructor, Josh Humphrey, is a former College Basketball Standout at Pfeiffer University. He's been coaching and training in Wilmington for the past 8 years and trains grade school, collegiate to professional level players. For more information on Josh's background visit his website www.jahworkouts.com.

Questions about the program? Contact the Recreation Center 910-458-2977. For specific questions you can contact Josh at 910-386-2418 or jahworkouts@gmail.com.