



# Winter Activities 2010

512.259.7545 ♦ [www.DrJohnsSportsCenter.com](http://www.DrJohnsSportsCenter.com)



## Coed Baseball & Softball Clinic

Sunday only for Grade PK– 5th

These clinics cover all of the fundamentals of both sports. We work with each player at their level to help them improve on the basic skills

Jan 31st-Feb. 21st

T-ball 2-3pm ♦ Coach Pitch 3-

4pm ♦ Softball– 4-5pm

\$60 per player



## Pre-Season Football Skills & Conditioning

Saturdays Ages 6-11

This clinic is taught by professional coaches geared to teach your child the necessary skills they need to be successful in any football league.

Jan. 23rd, 30th, Feb. 6th, 13th

12-1pm

Ages 6-11 \$40 per player



## Volleyball Clinic

Fridays only for Grades 4th–7th

Each week focuses on an important skill - Serving, Setting, Passing & Spiking. Parents are asked to help their child determine their skill level.

Jan. 8th, 15th, 22nd, 29th

Beginner 6-7:30 pm

Advanced 7:30-9 pm

\$80 per player



## Volleyball League

Fridays only for Grades 4/5 & 6/7

Practice and Play format to reinforce skills learned in our clinic. Led by our professional coaching staff, this league teaches game play, rules and strategies of the game. Buddy requests as best as we can.

Feb 5–Mar 12 \$120 per player

4/5 Grade 6-7:30pm

6/7 Grade 7:30–9pm



## Winter Soccer Clinic

Saturday only for Grades PK-5th

This clinic will focus on the Fundamentals of the game of soccer. Sportsmanship and teamwork are highly emphasized.

Feb. 6, Feb 13, Feb 20, Feb.27

Pre K– 2nd 10-11am

3rd-5th 11-12pm

\$60 per player



## Coed Basketball League

Saturday afternoons for Grades 4th-6th.

This practice/play league focuses on the skills your child will need to be successful in the game of basketball.

Jan. 9th– Mar. 6th Games start at 1pm

4th– 6th \$80 per player.

Clinic/Assessment Dec.5th

Scrimmage Dec.12th



## Basketball League

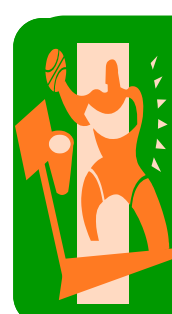
Friday only for Grades PK– 3rd

This is league play emphasizing the same fundamentals we taught in our Fall clinic. Missed the clinic? We will be re-teaching the same skills.

Nov.6th-Dec. 11th

PK– Kinder 6-7pm - \$60/player

1st-3rd 7-8:30pm - \$70/player



## Basketball Improvement Program

Early Sunday Evenings - Led by Rick Castle

Designed to enhance your child's individual basketball skills taught in a small group format. Instruction in shooting techniques, ball handling, passing, footwork, defense & game strategies.

Dec 6 - Feb 28, 2010

1 hr—6-7pm or 7-8pm

\$25 registration fee/\$225 for 13 sessions



## Parenting Workshop: Communicating with your Family—a Two-Way Street

Effective communication forms the backbone of successful relationships. Develop the skills to listen and to be heard by those who matter most. Barbara Jacobs, Clinical Social Worker and Parenting Coach.

Nov. 6th 6-10pm \$5/person (includes light meal).

Supervised play for children in our gym.



## Adult Men's Basketball

This is a friendly and competitive league/[pickup game. Join as a free agent or bring your own team. All games will take place in our gym. No membership Fees! Ages 18 and older.

October 4th-May30th

Sunday night 8-10pm

\$30 per month

## Dr. John's Sports Center - A Sport Education Center

How To Register :

♦ Online @ [www.DrJohnsSportsCenter.com](http://www.DrJohnsSportsCenter.com) ♦ In person @ 1800 Clover Lane, Cedar Park, TX ♦

Call us @ 512-259-7545