

# 3v3 Girls Development League by



The philosophy of the **Fastbreak 3v3 Development league** is for girls to play a game aimed at developing their physical and mental skills in a fun, competitive learning environment.  
**Get your game ready for the upcoming season!**

Each 90 minute session includes:

- high repetitions of fundamental movement and basketball skills for the first 45 minutes
- competitive situations and 3v3 games for the final 45 minutes.
- The 3x3 games' objectives are for the young athlete to implement the learnings from the previous 45 minutes in a competitive environment where mistakes and failure are encouraged and embraced. Thus creating an emotional safe zone where players can go to the edges of their abilities and then beyond.

**HOW:** Small group training leads to more learning. Our main focus is to maximize each players quality reps during each session.

**WHO:** Girls **2004 to 2009** with a desire to improve, learn, compete and have fun.

**With who: André Desjardins and staff**

- 24 years coaching experience
- Assistant Coach Cadette u17 National team 2011 - 2014
- Level 4 NCCP
- Head coach LR Academy (OSBA)
- OFSAA Champions



**When and where: 6 weeks on Saturdays**

starting **Saturday, April 21st, 28th, May 5th, 12th, 26th and June 2nd**

**No session on Victoria Day weekend**

**2004 - 2005 born - (24 athletes)**

**2006 - 2007 born - (2 different sessions of 24 athletes)**

**2008 - 2009 born - (24 athletes)**

**Session times will run between 9:00 AM to 3:30 PM**

**Cost 120,00\$**

**All activities will take place at Ecole secondaire publique Louis-Riel in Gloucester.**

**For more information feel free to contact Andre Desjardins at 613-612-8604 or by email [fastbreakbasketball@rogers.com](mailto:fastbreakbasketball@rogers.com).**

**A development league that is athlete centred and development focused!**



**It's easy to enroll!**

- Mail application to:

Fastbreak Camps  
3 Highburn Crescent  
Gloucester, Ontario  
K1B 3H7  
Attn: André Desjardins

*\*Make cheques **payable to**  
**Fastbreak Camps.***

**Refunds:** Requests for refunds will be honored minus a \$25,00 administration fee ten (10) days prior to the beginning day of camp. The only exception will be in the case of a medical emergency per doctor's notification.

**Confirmation:** Camp confirmation will be emailed to you upon receipt of your application and payment in full.

**ASSUMPTION OF RISK - RELEASE FORM**

**I AM AWARE** of the possibility of health and safety risks associated with my child's participation in the activities of the Camp. By registering my child, **I HEREBY CONSENT**, to his/her participation in the activities **AND I FREELY ACCEPT** all health and safety risks associated with his/her participation. I will notify Fastbreak Basketball Camp of my child's special medical condition or health history, if any. If the emergency contact person identified cannot be reached and if my child has an accident or falls ill, **I HEREBY AUTHORIZE** the Fastbreak Basketball Camp to provide my child with or make arrangements for emergency medical treatment.

**I FURTHER AUTHORIZE** the Fastbreak Basketball Camp to take photographs of my child for identification purposes during his/her participation and for the Camp's promotional material.

\_\_\_\_\_  
*Signature of Parent or Legal Guardian*

\_\_\_\_\_  
*Date*

Name: \_\_\_\_\_

Age: \_\_\_\_\_ D.O.B.: \_\_\_/\_\_\_/\_\_\_ Gender: M / F

T-Shirt size: XS/ S / M / L /

Parent/Guardian: \_\_\_\_\_

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov.: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: Home: \_\_\_\_\_

Daytime: \_\_\_\_\_

Other: \_\_\_\_\_

Email: \_\_\_\_\_

**SELECT CHECK (PLEASE CHECK SELECTION)**

Saturdays

<input checked="" type="checkbox"/>	Group	Cost
<input type="checkbox"/>	Girls ('04 - '05)	\$120
<input type="checkbox"/>	Girls ('06 - '07)	\$120
<input type="checkbox"/>	Girls ('08 - '09)	\$120

**-PAYMENT INFORMATION-**

Method of Payment:

Cash / Cheque/ email transfer

Amount enclosed: \$ \_\_\_\_\_