



Newsletter #1 (Fall Information)

Tuesday September 8, 2009

IMPORTANT FALL INFORMATION

Welcome to all our new members and welcome back to our veterans! The newsletter will begin Sunday September 13, 2009 each Sunday till the end of March 2010 via email. The newsletter is a tool designed to keep everyone in the information loop regarding class schedules, days and times, and locations. The newsletter will also be available online each Tuesday at www.basketball.fitfx.com, so please get used to checking your email every Monday morning for continued updated information regarding our program.

Fall classes begin Monday September 14, 2009, please check the schedule below to find the appropriate times and locations for your classes. The registration page for fall and winter 2009/2010 are available at www.basketball.fitfx.com. Each athlete this fall can participate in up to four classes a week for only \$50 so please take advantage of the additional training if available.

Fall Class 2009 Information (Levels/Days/Locations)

Class Level	Days & Times	Location
Level 1	Monday & Wednesday/4-5 pm	South River Road Courthouse
Level 1 & 2	Tuesday & Thursday/4-5 pm	West Salem Courthouse
Level 2 & 3	Monday & Wednesday/5-6 pm	South River Road Courthouse
Level 3, 4, & 5	Tuesday & Thursday/5-6 pm	West Salem Courthouse
Level 4, 5, 6, 7, & 8	Monday & Wednesday/6-7 pm	South River Road Courthouse
Level 4, 5, 6, 7 & 8	Tuesday & Thursday/ 6:30-7:30 pm	South River Road Courthouse
High School Fall Workouts	Sunday's/2-4 pm	South River Road Courthouse
Jon Hildabrandt Ball Handling Camp	Sunday September 20, 2009 1-5 pm (\$50 dollars)	South River Road Courthouse

8th Grade Boy's Basketball Try-outs (Levels/Days/Locations)

Class Level	Days & Times	Location
Level 8 Tryout #1	Tuesday September 15, 2009 7:30-9 pm	South River Road Courthouse
Level 8 Tryout #2	Saturday September 19, 2009 1:00- 2:30 pm	West Salem Courthouse

If you know anyone entering the 8th Grade that is interested in playing tournament team basketball in a program that finished 3rd in the State last year please have them attend one or both of these try-out dates. We will also be having try-outs for 7th, 6th, and 5th grade coming in the near future.

Jon Hildabrandt

Superhandles Ball Handling Camp

(Levels/Days/Locations)

Class Level	Days & Times	Location
Ages 5-18	Sunday September 20, 2009 (1-5 pm)	South River Road Courthouse

To learn detailed information about Jon Hildabrandt's story please click the following link <http://www.superhandles.com/story.php> I would encourage each of you to take advantage of this camp, Jon by many is considered the best ball handler on the West Coast and Top 5 in the United States. To register for this ball-handling camp please click here www.basketball.fitfx.com under camps. This camp will have special appearances by former Oregon State Basketball Players Lamar Hurd, David Lucas, and JS Nash all for only \$50.

Winter 2009/2010 Information (Dates & Cost)

Class Level	Classes Begin/End	Cost (Monthly)
Level 1 & 2 (Team Practices) Includes League	November 9, 2009 - March 19, 2010	\$40 member/\$50 non-member
Level 3 (Team Practices) Includes 1 Tournament/League	November 9, 2009-March 19, 2010	\$60 member/\$50 non-member (\$50 one time fee)
Level 4 (Team Practices) Includes 3 Tournaments/League	November 9, 2009- March 19, 2010	\$70 member/\$80 non-member (\$100 one time team fee)
Level 5 (Team Practices) Includes (4 Tournaments)/League	November 9, 2009- March 19, 2010	\$80 member/\$90 non-member (\$100 one time team fee)
Level 6 (Team Practices) Includes (5 Tournaments)/League	November 9, 2009- March 19, 2010	\$90 member/\$100 non-member (\$100 one time team fee)
Level 7 (Team Practices) Includes (7-10 Tournaments)	November 9, 2009- March 19, 2010	\$120 member/\$130 non-member (\$100 one time team fee)
Level 8 (Team Practices) Includes (7-10 Tournaments)	November 9, 2009- March 19, 2010	\$120 member/\$130 non-member (\$100 one time team fee)

Basketball season is just around the corner; practices will begin in November with games following December 2009 through March 2010.

Register for Winter 2009/2010 now to avoid your team fee and monthly fee coming out at the same time.

The one time team fee helps pay for tournament fees, league fees and uniforms upfront.

Please check out our new website at www.basketball.fitfx.com where you can now follow us on twitter.