

# Southend Skills Academy Winter Training Schedule

Times	Training Class	Trainer	Grade Levels	Session Dates	Cost
<b>Tuesday's at Sawyer Woods Elementary</b>					
5:30 to 7:00	Football 101 Quarterbacks and Running Backs	Chris Paulson	Grades 4-6	December 3 and 17 January 7, 14, and 28 February 11	\$99
7:30 to 9:00	Volleyball 101	Courtney Grady	Grades 4-6	December 3, 10, and 17 January 7, 14, 21, and 28 February 11	\$119
<b>Wednesday's at Sawyer Woods Elementary</b>					
6:00 to 7:00 <small>Note - session will run from 5:00 to 6:00 on Dec. 4, Jan. 8, and Jan. 22</small>	Basketball 101	Godfrey Drake or Tim Helgeson	Grades 3-6	December 4, 11, and 18 January 8, 15, 22, and 29 February 12 and 26	\$99
7:00 to 8:00 <small>Note - session will run from 6:00 to 7:00 on Dec. 4, Jan. 8, and Jan. 22</small>	Shooting Training	Godfrey Drake or Tim Helgeson	Grades 3-6	December 4, 11, and 18 January 8, 15, 22, and 29 February 12 and 26	\$99
<b>Wednesday's at Kentlake High School</b>					
7:45 to 9:15	Basketball 101/Shooting	Tim Helgeson	Grades 7-8	December 4 January 8 and 15 February 12	\$65
<b>Thursday's at Sawyer Woods Elementary</b>					
5:30 to 6:30	Basketball 101	Tim Helgeson	Grades 3-6	January 9, 23, and 30 February 13 and 27	\$55
6:30 to 7:30	Shooting Training	Tim Helgeson	Grades 3-6	January 9, 23, and 30 February 13 and 27	\$55
<b>Thursday's at Kentlake High School</b>					
7:45 to 9:00	Shooting Training	Tim Helgeson	Grades 7-8	December 12 and 19 January 9, 23, and 30 February 13 and 27	\$95
<b>Friday's at Sawyer Woods Elementary</b>					
5:00 to 6:30	Volleyball 101	Courtney Grady	Grades 3-6	December 6, 13, and 20 January 10, 17, 24, 31 February 7	\$119

Prearranged/Individual/Small Group Training - If you are interested in contacting the academy to set up any private sessions for your entire team, individual one-on-one sessions for your child, or form your own small group of selected players or friends, we may be able to accomodate you. Just send us an email and we'll work with you on the details.

**Register early as class size is limited**

**For information and to sign-up for classes email:** [southendbasketballacademy@hotmail.com](mailto:southendbasketballacademy@hotmail.com)  
or [southendskillsacademy@gmail.com](mailto:southendskillsacademy@gmail.com)

[illegible]

[illegible]