

Middle School Girls Basketball: Fundamental Skills and Fitness Training



Former Quinsigamond Community College 2018-2019 Assistant Women's Basketball Coach and current Worcester JCC Assistant Health and Physical Education director Mikayla Singas will teach girls the proper fundamentals of the game of basketball with weekly skill development and Fitness Center health and strength trainings in a female empowering environment.

This training session for middle school girls will develop basic skills and drills while working on conditioning and speed. This will help improve her overall performance to gain a competitive advantage.

5 week program starts February 20

Saturdays 1-2pm

\$80 / Member

\$100 / Non-Member

maximum 6 participants

25-0220



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