



The following program is being provided by Youth Advantage Buffalo – a highly respected youth development program that has provided hundreds of programs across WNY. Each program creates a safe, fun and confidence building atmosphere through encouragement, teamwork, sportsmanship and respect.

PROCESS Basketball is made up of:

#1.) A total of eight 90-minute workouts (Wednesdays & Fridays) conducted by high quality basketball coaches. Each workout will be limited to 15 participants. Each participant will be required to bring his/her own basketball, water bottle & protective mask.

The 90-minute workouts will be at 5:00 PM-6:30 PM or 6:30 PM-8:00 PM on designated Wednesdays & Fridays and held at outdoor courts at 4999 McKinley Parkway at Watermark Wesleyan (formerly Wesleyan Church of Hamburg).

PROCESS Basketball places emphasis on shooting, post play, offensive & defensive rebounding, footwork, passing, ballhandling, moving without the ball, setting & using screens, and pick & roll.

Support also provided by Watermark Wesleyan Church, The Wellness Institute of WNY, Victory Global Sports Outreach, Kingdom Bound Ministries, Western NY Christian Basketball League, Western NY Youth Sports Coalition and Erie County Clerk Michael P. Kearns.

PROCESS Basketball Training

Boys & Girls Ages 8-18

This in-depth basketball training program is designed for the dedicated basketball player looking to advance their skills to the highest level while building critical position-specific skills that can be used on and off the court. Participants should wear shorts, sneakers, and bring plenty of water.

Session #1 - 5:00 pm - 6:30 pm

Session #2 - 6:30 pm - 8:00 pm

Fri September 4th - Wed Sept 9th - Wed Sept 16th – Fri Sept 18th

Fri Sept 25th – Wed Sept 30th – Fri Oct 2nd – Wed Oct 7th

8 Workouts

Cost: \$100/athlete



Register & Pay On-Line: <https://form.jotform.com/82284889532167>

For more information, call 716.602.7546