



BASKETBALL COACHING AND MATCHES

OCT - DEC '20

BEFITSPTS BASKETBALL PROGRAM



Building strength and fitness leading into basketball resumption utilizing government facilities such as Shek Tong Tsui Sports Centre. However due to court availabilities, other indoor venues may be used. Indoor basketball courts - NOW OPEN!

GUIDE TO ENROLLMENT

1

CHECK SCHEDULE FOR APPROPRIATE CLASSES.

2

ENROLL ONLINE -
[HTTP://BEFITSPTS.COM/ENROL.HTML](http://BEFITSPTS.COM/ENROL.HTML)
- ENTER STUDENT DETAILS, PROGRAM NAME AND COURSE CODE

3

BEFITSPTS ADMIN TEAM
- WILL CORRESPOND AND CONFIRM PLACEMENTS OF STUDENTS EACH COURSE
- SHALL CONTACT EACH STUDENT / PARENT PRIOR TO COURSE COMMENCEMENT ABOUT JOINING THE ONLINE CLASS AND PROCEDURES FOR THIS

4

EACH SESSION
Venues provided each week.

OBJECTIVE

In anticipation of Government Sports Facilities opening and allowing basketball activities, BeFitSports shall conduct youth **weekend** and mid term basketball trainings and league games. Trainings shall focus on developing core skills, improving health and fitness plus preparing for matches again after a long layoff from basketball activities.

SESSIONS HIGHLIGHTS AND FOCUS



- **20 hours** of basketball training / matches over three months. Anticipating return to school after school activities and basketball league resumption's
- **Friendlies / League Games** included with fee - friendly matches will be arranged
- **Health and Hygiene Protocols** - Facility Health Procedures will be followed and if required training strategies will involve minimal person to person contact
- **Facilities** - Government basketball facilities with current health and safety protocols implemented
- **Coaches** - Led by Coach Dwayne, Willy and our experienced coaching team
- **Coach to student ratio** - 1 to 7

NOTE

- **REFUND POLICY** - IF DUE TO VIRUS CLOSURE OF FACILITIES (indoor and outdoor not available) THOSE LESSONS WILL BE FULLY REFUNDABLE

CLASSES OCT - DEC '20

Under 10 BOYS AND GIRLS - 9-11 AM SATURDAY	Under 12 BOYS AND GIRLS- 11 AM - 1PM SATURDAY	Under 14 BOYS - 9-11 AM SUNDAY	Under 14 / 16 / 20 GIRLS - 9-11 AM SUNDAY	Under 16/20 BOYS -11 AM - 1PM SUNDAY
Course Code: U10M	Course Code: U12M	Course Code: U14B	Course Code: U141620G	Course Code: U1620B
Fees - \$4400	Fees - \$4400	Fees - \$4400	Fees - \$4400	Fees - \$4400
Dates:	Dates:	Dates:	Dates:	Dates:
Oct 10, 17, 24	Oct 10, 17, 24	Oct 11, 18, 25	Oct 11, 18, 25	Oct 11, 18, 25
Nov 7, 14, 21, 28	Nov 7, 14, 21, 28	Nov 8, 15, 22, 29	Nov 8, 15, 22, 29	Nov 8, 15, 22, 29
Dec 5, 12, 19	Dec 5, 12, 19	Dec 6, 13, 20	Dec 6, 13, 20	Dec 6, 13, 20

NOTE

ALL CAMPS SHALL FOLLOW THE RECOMMENDATIONS OF THE LATEST CORONA VIRUS INFORMATION AND DIRECTIVES FROM THE HK GOVERNMENT. BEFITSPORTS WILL GIVE UPDATES CLOSER TO THE CAMP COMMENCEMENT

FEES

**\$220
PER HOUR**

PLEASE REVIEW CAMP POLICIES -
[HTTPS://WWW.BEFITSPORTS.COM/POLICIES/](https://www.befitsports.com/policies/)

ENROLL HERE NOW!

[HTTP://BEFITSPORTS.COM/ENROL.HTML](http://befitsports.com/enrol.html)

FOR FURTHER INQUIRIES, YOU CAN CONTACT US AT
ADMIN@BEFITSPORTS.COM