

Pittsford Mendon Basketball

Off-Season/Summer Training Program-2025

Your summer training and off-season workouts play a vital role in the development of your skill set, strength, and basketball intelligence. It also provides time for you to build/strengthen your relationships with other players and coaches within the Mendon basketball program. The following opportunities to train are open to all incoming **7th-12th** graders and are encouraged, but certainly not mandatory. I understand that schedules change, and things come up, but please start organizing your calendars now, so that you can minimize conflicts. *Each player will receive a reversible Mendon Basketball practice jersey when you register for the Summer Program.

| | | | | |
|---------------------------------------------|------------------------------------------|-------------|-------|-------------|
| <u>Team Camp #1:</u> | June 10 th & 11 th | JV/Varsity | @ MHS | 3:15-5:15pm |
| 7th-12th Grade | June 10 th & 11 th | Mod 1/Mod 2 | @ MHS | 3:30-5:15pm |

| | | | | |
|---------------------------------------------|-----------------------------------------------|--------------------|-------|--------------|
| <u>Team Camp #2:</u> | June 26 th & June 27 th | Mod 1, JV, Varsity | @ MHS | 12:00-2:00pm |
| 9th-12th Grade | | | | |

Summer Leagues:

| | | |
|-----------------|----------------------------------------------|-----------------------------------------|
| Varsity Players | Late June – July | Varsity @ Victor HS - 10 Games |
| | | *See Schedule – Monday Nights |
| JV Players | July 9 th – July 30 th | JV @ Mendon HS – 8 Games |
| | | *See Schedule – Wednesday Nights |

| | | |
|-----------------------------------------|----------------------------|------------------------------|
| <u>General Workouts:</u> | June-August | (Strength Training/Open Gym) |
| 7 th -12 th Grade | (See Website for schedule) | Mendon HS Gym/Fitness Room |

\$265 registers each **Varsity** player for all activities (Team Camps, Summer League, and General Workouts)

\$265 registers each **JV** player for all activities (Team Camps, Summer League and General Workouts)

\$140 registers each **Mod 1 & 2** (Grades 7,8,9) player for all activities (Team Camp #1, and General Workouts)

**I am also recommending that our Mod 2 players attend the July 7th-10th session of Pittsford Basketball Camp*

**This will be set up as Team Camp, Middle School level, combined with CRMS Mod 2 players*

**Mod 2 includes incoming 7th & 8th graders / Mod 1 includes incoming 9th graders*

Please make checks payable to: ***Viking Hoops or Venmo: ***@Bob-Nally***

Return payment & registration form to Coach Nally or Mail to: 8 Lands End Rise, Pittsford NY 14534

Contact: Bob Nally Robert.Nally@pittsford.monroe.edu Cell: 585-750-9497

Website: [Pittsford Mendon Basketball](#) - Mendon Hoops Link

Twitter: @mendonbball

Instagram: @mendonbball

Mendon Basketball Registration 2025

*Please make checks Payable to: Viking Hoops or Venmo: @Bob-Nally

*Please turn in paperwork and payment to Coach Nally ASAP, as we need to plan for camp staff, facilities & leagues

Participant's Name _____ Grade: _____

School: _____

Address: _____ City/Zip: _____

Home Phone: _____ Emergency Phone: _____

Player Cell:(used for text message announcements, optional) _____ Email: _____

It is understood that the Viking Hoops is not responsible for accidents resulting in the medical dental or other expenses including loss of personal items. As legal guardian of the participant below, I grant permission to provide emergency treatment if necessary. The participant below and his/her family assume the risk of injury while participating, therefore releasing Viking Hoops, camp staff, the camp coordinator and the Pittsford Central Schools from liability.

Parent /Guardian Signature:

X _____ Date: _____

Insurance Provider: _____ Policy Number: _____