

GYM RATS



SHOOTING CLINIC

GIRLS SESSION – JULY 27TH - 29TH

9AM – NOON

BOYS SESSION – JULY 27TH – 29TH

2PM – 5PM

LOCATION: PORTSMOUTH HIGH SCHOOL

Cost: \$150

PLEASE MAKE CHECK PAYABLE TO: PORTSMOUTH PRIDE INITIATIVE

THE GYM RAT PHILOSOPHY

THE GYM RATS SHOOTING CLINIC IS DESIGNED AND SOLELY DEDICATED TO THE IMPROVEMENT AND DEVELOPMENT OF PROPER SHOOTING THROUGH AN INTENSE INSTRUCTION AND DRILL PROGRAM. EACH CAMPER WILL LEARN THE FUNDAMENTAL TECHNIQUES THAT WILL GIVE THEM THE FOUNDATION THAT IS VITAL TO BECOMING A CONSISTENT BALL HANDLER AND SHOOTER. ONCE YOU LEARN THE BASICS, THERE'S NO SECRET THAT FROM THAT POINT ON ALL IT TAKES IS HARD WORK AND DEDICATION. EVERY TEAM NEEDS PLAYERS WITH THE ABILITY TO SHOOT THE BASKETBALL CONSISTENTLY...WHY NOT BECOME A GYM RAT?

EACH SESSION IS LIMITED TO 10 CAMPERS ONLY TO MAXIMIZE INSTRUCTION...REGISTER TODAY TO RESERVE YOUR SPOT!

CALL 401-864-1570 OR EMAIL: LUNNEYM@PORTSMOUTHSCHOOLSRI.ORG

MIKE LUNNEY – SHOOTING INSTRUCTOR

MIKE HAS OVER 20 YEARS EXPERIENCE AS A SUCCESSFUL HEAD COACH AT BOTH THE COLLEGE AND HIGH SCHOOL LEVELS AND WAS A FORMER DIVISION 1 PLAYER AT THE UNIVERSITY OF NEW HAMPSHIRE. IN 1992, MIKE WAS NAMED HEAD MENS BASKETBALL COACH AT ROGER WILLIAMS UNIVERSITY AND BECAME THE YOUNGEST HEAD COACH IN THE NCAA IN 1992 AT THE AGE OF 23. SINCE 1995, MIKE HAS LED PORTSMOUTH HIGH SCHOOL TO TWO RI STATE CHAMPIONSHIPS INCLUDING THE DIVISION II TITLE IN 2010. HE HAS BEEN A CLINICIAN AT NUMEROUS CAMPS THROUGHOUT NEW ENGLAND AND SPECIALIZES IN BALL HANDLING AND SHOT DEVELOPMENT.