



Murphy AC Basketball 2017



Fundamentals ~ Skill Development ~ Teamwork Winter Workout Information Gilmour Academy

Boys & Girls: 8th Grade

Sunday, January 29 th	8:30-9:30 am -- sign-ups at 8:00 am
Saturday, February 4 th	8:30-9:30 am -- sign-ups at 8:00 am
Sunday, February 5 th	8:30-9:30 am -- sign-ups at 8:00 am

Boys & Girls: 7th Grade

Sunday, January 29 th	9:30-10:30 am -- sign-ups at 9:00 am
Saturday, February 4 th	9:30-10:30 am -- sign-ups at 9:00 am
Sunday, February 5 th	9:30-10:30 am -- sign-ups at 9:00 am

Boys & Girls: 6th Grade

Sunday, January 29 th	10:30-11:30 am -- sign-ups at 10:00 am
Saturday, February 4 th	10:30-11:30 am -- sign-ups at 10:00 am
Sunday, February 5 th	10:30-11:30 am -- sign-ups at 10:00 am

Boys & Girls: 5th, 4th, 3rd Grade

Sunday, January 29 th	11:30-12:30 pm -- sign-ups at 11:00 am
Saturday, February 4 th	11:30-12:30 pm -- sign-ups at 11:00 am
Sunday, February 5 th	11:30-12:30 pm -- sign-ups at 11:00 am

*** Attend one, two, or all three sessions...NO WORKOUT FEE

*** Workouts conducted by the Murphy AC coaching staff

*** All parents provided with information on Murphy AC AAU & Murphy AC Spring Skills Sessions during parent meeting while kids are working out

*** Murphy AC AAU available to individuals, small groups, and full teams

*** Questions? Contact... Sean O'Toole:
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