
FIDELITY HOUSE

Fidelity House is dedicated to meeting the needs of our community by providing flexible, diverse and quality programs for all ages. Youth development is the primary purpose of the center. Our mission is the promotion of good citizenship, increasing self-reliance and furthering the social, physical and emotional growth of the individual. Fidelity House has been in existence for over 50 years with basketball being an integral part of the organization.



*Fidelity House- serving the community
for over 50 years!*



**FIDELITY HOUSE
25 MEDFORD STREET
ARLINGTON, MA**

Phone: 781-648-2005
www.fidelityhouse.org



FALL 2009 PRESEASON CO-ED BASKETBALL & CONDITIONING 9TH-12 GRADE

FIDELITY HOUSE

**25 MEDFORD STREET
ARLINGTON, MA**



**THURSDAY NIGHTS
SEPT 24-NOV 12
8 SESSIONS
6:00-7:30PM**

**781-648-2005
www.fidelityhouse.org**

PRESEASON BASKETBALL & CONDITIONING

During the fall for the past 10 years, Fidelity House has been running pre-season basketball conditioning clinics. The clinics are geared towards players looking to get a jumpstart on the high school seasons.



Held weekly, the sessions include a variety of skill work on both offense and defense as well as full court scrimmages to help apply the drills to game conditions.

The clinics are coordinated by the staff of Fidelity House, including local area high school, college and AAU coaches.

Typical Weekly Session

- 6:00-6:05 - Shootaround/Registration
- 6:05-6:15 - Ballhandling/Warm Up Drills
- 6:15-6:25 - Full Court Basketball Drills
- 6:25-6:30 - Conditioning
- 6:30-6:40 - Specific Instruction/Drill Offense
(ex. one on one drills, jump shooting exercises)
- 6:40-6:50 - Specific Instruction/Drill Defense
(ex. defensive technique, positioning)
- 6:50-7:00 - Conditioning
- 7:00-7:25 - Full Court Scrimmages
- 7:25-7:30 - Conditioning

What to Bring: Comfortable athletic clothing, sneakers, drinks. Basketballs will be provided at clinics.



CLINIC INFORMATION

THURSDAY NIGHTS

SEPT 24-NOV 12

(8 SESSIONS)

**ALL 8 SESSIONS:
\$60 MEMBER FEE
\$75 NON-MEMBER FEE**

**1 SESSION:
\$8 MEMBER DROP-IN
\$10 NON-MEMBER DROP-IN**

REGISTRATION INFO

NAME _____

ADDRESS _____

TELEPHONE _____

GRADE ENTERING _____

SCHOOL ATTENDING _____

EMERGENCY CONTACT _____

PERSON _____

PHONE _____

MEMBERSHIP EXP DATE _____

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