

**What others are
saying about
HABITS:**

"In order to get to the Next Level of competition as everyone aspires to achieve, one needs the pure foundation of a solid work ethic. Being able to make it through Habits 'Alive', will give you that foundation to make it through anything; which is what you'll need to make it to that Next Level."

- Ugo Ihekweazu
WCS '03, Cornell Univ

"I have never seen or heard of a basketball program that will get players to elevate their level of play and strength like "HABITS." The attention to detail and organization of the program allows each player to get the maximum out of every second they are in the gym. It is not by accident that Westbury Christian produces Division I players and State Championships.....it is a result of their players dedication and commitment to developing great habits during this training session. I've seen a number of off-season workouts and have not run across a better program to prepare high school players better than "HABITS!"

-Paul Mills
Baylor University Basketball

TWO PAINS IN LIFE

The
Pain of Discipline,

And The
Pain of Regret!

Which one will you choose?

THE RULE OF HABITS

**WE
FIRST FORM**

HABITS

**AND THEN
HABITS FORM
US!**

For More Information call:

Russell Carr (713)551-8100 ext. 1030

Westbury
Christian
Presents

**HABITS
2008**



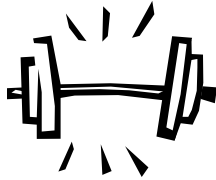
*Individual
Skill and
Development
Summer
Program*

**FOR THE SERIOUS
MINDED PLAYER**

**Upcoming 9th graders-
Upcoming college freshman**

Individual Skill & Development Summer Work-out Program

It has been said that the summer is the time of year that's players are born and championships won. We believe that if you do a skill enough times it will become a habit, good or bad. We have developed our summer "HABITS" program to improve your all-around game and make fundamental skills into a natural habit.



What to expect?

We have combined theories from some of the best basketball and strength and conditioning coaches in the nation. Through our program you will learn ways to better develop:

- Offensive and Defensive Footwork
- Foot Quickness
- Improved Strength
- Vertical Jump
- Lateral Quickness
- Shooting Form
- And much more....

Dates and Times

Two 3-week sessions!

Session #1

June 8th-June 25th

Monday- Thursday 4:00-6:00p.m.

Session #2

July 6th-July 24th

Monday-Thursday 2:00p.m.-4:00p.m.

Location:

Westbury Christian School
10420 Hillcroft Ave.
Houston, TX 77096

Cost:

\$120 per session-Non WCS Students

\$80 per session WCS students

Cost includes:

- Top -notch coaches
- Summer program t-shirt
- 12 days of great teaching
- 24 hours of instruction

Name _____ Grade Level Fall of 2008 _____

Address _____

School _____ Things you would like to improve the most this summer _____

Emergency # _____

T-Shirt Size: S M L XL XXL XXXL _____

Release: I hereby grant permission, for WCS personnel to authorize emergency medical treatment for my child in the event that my spouse or I can not be reached.

Parents Signature _____

Date: _____