



PREPARE YOURSELF...

Welcome to Heart and Hustle Basketball Academy!

Now that you have signed up, there are a few things you need to do to make sure your ready...

Forms To Complete:

Complete The Personal Info Sheet and the Medical Release Waiver and bring them to your first session or the registration of your camp. **DO NOT** mail them to us in advance. Keep the entire packet in a safe place until you come to your session. If you misplace it, you can access another Prepare Yourself Packet from the website.

Final Payment:

If you have any remaining balance on your HHBA tuition, be sure to pay it in full within 7 days of the start of your Training Camp or any other camp or clinic you are attending. Failure to do so may result in the forfeiture of your place in the class and any monies collected will be non-refundable.

Check- In and Check- Out:

Check-in will usually be open approximately 1 hour before the start of your camp or clinic. Training Camps will check-in 30 min. prior to the start time of your first session. Check-out will be at the conclusion of your final session, at which time you will receive your evaluation and completion certificate.

Injuries:

If you are injured prior to your session and there is at least two weeks before the start of your training camp, HHBA will refund all the monies collected. If the injury occurs within two weeks of the start of your camp or clinic, HHBA will refund 75% of the tuition collected and will give a credit for 25% of the tuition collected towards a future camp or clinic.

Cancellations:

If you have to cancel for any reason at any time, call to notify right away.



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Emergencies:

In the case of emergency during one of our camps or clinics, we will attempt to reach the emergency contact number provided on your registration sheet. All players will be referred to a local medical facility in the case of an emergency, and the parents/guardians will be notified.

Preparation for HHBA Training Camp:

We strongly recommend that you come to your session in the best shape possible. Get your body conditioned for long days of basketball training. In the weeks leading up to your session, get to a court daily or get out and run a few miles. You can't concentrate on learning when you're limited by fatigue. Work hard and prepare yourself well.

Questions:

The FAQ section on our website should answer any and all of the most asked questions. However, if you still have a question or concern, please do not hesitate to call or email and we will get the answer you are looking for as fast as we can.

Contact Us:

By Email: contact@fundamentals101.com

By Telephone: (813) 309-7653

By Mail: All final payments should be mailed to:

BESA
17951 North U.S. Hwy 41
Lutz, Fl. 33549



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Things To Bring With You To HHBA Training Camps and Other Clinics:

- Water bottle with your name on it
- Your completed **Medical Release Form & Personal Info Sheet**
- A hair tie (girls)
- Healthy snacks
- Work ethic

Please be prepared to be a little sore after the first session if you have not been active in a while. We are there to have fun but we must focus on the end results and be ready to push through any pain you may encounter.



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Mandatory Medical Release Form

Athletes without a completed medical release waiver will not be allowed to participate in gym sessions.

Athlete First Name	Last Name	Gender	Birth Date <i>Day Month Year</i>
Address	City	State	Zip Country
Parent/Guardian first Name(s)	Last Name	Dates Attending HHBA	
Parent Day Phone	Parent Evening Phone	Parent Cell Phone	
Name of Emergency Contact (other than parents)		Emergency Contact Phone	
Health Insurance Company		Policy Number	
PLEASE MAKE A COPY OF YOUR INSURANCE CARD AND ATTACH TO THIS FORM			
<p>Please supply any other pertinent medical information, such as allergies, medications, pre-existing conditions, etc.</p> <p>I agree to list any additional medical information by enclosing an additional written document with this application. I hereby agree to let my child participate in this activity. I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as in traveling and other related activities incidental to my participation, and am willing to assume these risks. I hereby certify that my child is fully capable of participating in this sport and he/she is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in this activity, except as included in writing with this application. In addition to giving full consent for my child's participation, I do hereby waive, release and hold harmless Elite Sports Academy Inc., it's officers, coaches, sponsors, partners, supervisors and representatives for any injury that may be suffered by my child in the normal course of participation in the sport and the activities incidental thereto, whether the result of negligence or any other cause. I grant permission for my child to receive emergency medical treatment. I grant Elite Sports Academy Inc. permission to use photo or video images of my child in future promotional materials.</p>			
Parent/Guardian signature		Date	

BE SURE TO BRING THIS SHEET WITH YOU TO YOUR SESSION



PREPARE YOURSELF...

Personal Info Sheet

Name _____ M _____ F _____ Height _____ Age _____
Grade You're Going Into _____ School _____ Coach _____
What Level Did You Play Last Season? (circle one) College Varsity J.V. Middle None
Which HHBA event(s) will you be attending _____
Have you attended HHBA events in the past? _____ Course and Level _____

What achievements are you most proud of?

What personal quality or qualities are you most proud of?

What has been one of your best life experiences so far?

Special interests or abilities (other than sports)?

Favorite Book?

Why did you sign up for an HHBA Training Camp or Clinic? What do you hope to achieve?
