



## Specialised Basketball evening programme (Ages 15 +)

**July – August 2025 (evenings)**

After the interest of last summer, we are once again offering the specialised evening programme for athletes 16 years and older. These sessions will run between July 1st and August 31<sup>st</sup> (excluding Santa Maria Break) at the Naxxar indoor gyms and will be carried out in the evenings. All sessions are of ONE hour and 30 minutes in duration, will be limited in number, and will focus on identifying individual areas for improvement, Strength & Conditioning and working towards improving these in preparation for the season to come. The programmes are explained below. ***Due to the high interest in these programmes, we urge you to confirm your interest asap by sending an e.mail on the below indicated address attaching a scanned copy of the application form below confirming your participation.*** This would help us coordinate the programme better. *This programme is on a first come first served basis.* Payments are to be settled **on the first day of the summer programme and not before.**

### Starlites Specialised Basketball evening programme Boys & Girls (Ages 15 +)

- **Option A: TWICE a week (Tuesday & Thursday)**

*Time: 7.00pm till 8.30pm*

*Fee: Euro 200*

- **Option B: ONCE a week : (Tuesday OR Thursday)**

*Time: 7.00pm till 8.30pm*

*Fee: Euro 130*

Starlites players are asked to book their places by sending me the filled in application via e.mail on [ivan.riolo@starlitesbasketball.net](mailto:ivan.riolo@starlitesbasketball.net) before the 10<sup>th</sup> of June. After this date places cannot be guaranteed.

NOTE: Those involved with national team commitments and would like to join the programmes later on during the summer are to inform us so we can prepare and make necessary arrangements and adjustments.

Ivan Riolo [ivan.riolo@starlitesbasketball.net](mailto:ivan.riolo@starlitesbasketball.net) (mob: 79486255)



**Specialised Basketball evening programme (Ages 15 +)**

I \_\_\_\_\_ will be attending the Starlites  
Specialised Basketball evening programme.

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Parents' signature/s: \_\_\_\_\_

Phone number of athlete: \_\_\_\_\_

E.mail address of athlete: \_\_\_\_\_

**Please TICK your choice of training programme:**

**Specialised Basketball *evening* programme (Ages 15 +)**

**Option A: *TWICE*** a week (Tuesday & Thursday) 7.00pm – 8.30pm (€200)

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**Option B: *ONCE*** a week (Tuesday OR Thursday) 7.00m – 8.30pm (€130)

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This application is to be filled in, scanned and sent via mail to the undersigned,  
**by not later than the 10<sup>th</sup> of June 2025.**

*The club has the right to drop/change any programme which is not feasible or possible to hold.*

**Ivan Riolo: [ivan.riolo@starlitesbasketball.net](mailto:ivan.riolo@starlitesbasketball.net)**