

Her Time To Play



WNBA



HER TIME TO PLAY

Hosted by the Rockford Park District at

UW Health Sports Factory • 305 S Madison St. – Rockford, IL

***October 11 • 9:00 AM–12:00 PM | October 12 • 5:30–7:00 PM**

Ages: Girls ages 9–11 years old

Led by: Gene Houston of Maximum Potential Basketball Training. Local high school basketball student-athletes will serve as mentors.

Each girl will participate in high-level skills and drills, competitive play, receive a t-shirt, headband, wristband, and a participant workbook that covers topics like bullying, body image, healthy eating/nutrition, and stress management. **Lunch will be provided on October 11.*

Event Information

The WNBA and NBA recognize the valuable role sports can play in the development of young girls and the advancement of women as leaders in society. Her Time To Play (HTTP) is a national initiative that pairs on-court training with off-court life skills lessons to build girls' confidence, prepare them for the challenges of adolescence, and teach values like teamwork.



Registration

- Student athletes must commit to both sessions.
- COVID-19 guidelines will be followed
- Register by **October 6, 2021**

Register online or in person

- Visit <https://rockfordparkdistrict.org/basketball>
- **Carlson Ice Arena** • 4150 N Perryville Rd, Loves Park, IL
- **Indoor Sports Center (ISC) at Mercyhealth Sportscore Two** • 8800 E Riverside Blvd, Loves Park, IL
- **UW Health Sports Factory** • 305 S. Madison St, Rockford, IL



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rockfordparkdistrict.org
815-987-8800



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