

FALL BASKETBALL TRAINING WITH CHRIS DICINTIO & LOU DEMELLO

East Coast Panthers

in cooperation with the Somers Rec Dept

6 - 75 Minute Training Sessions

Thursdays -

9/26, 10/3, 10/10, 10/17, 10/24, 11/7

Session 1: 6:00 pm - 7:15 pm; Grades 3-6

Session 2: 7:15 pm - 8:30 pm; Grades 7-12

Somers High School:

120 Primrose Drive, Somers, NY 10589

Boys & Girls
(limited to 15 spots per session)

\$250



*** THE GOAL OF THESE TRAINING SESSIONS IS TO IMPROVE EACH PLAYERS OVERALL GAME THROUGH HARD WORK AND INTENSE DRILLING.**

*** PLAYERS WILL BE DRILLED DAILY WITH BALL HANDLING, SHOOTING, PASSING, REBOUNDING, AND DEFENSIVE FOOTWORK.**

*** WE WILL COVER A WIDE VARIETY OF FUNDAMENTAL SKILLS THROUGH UNIQUE AGILITY DRILLS AND STRENGTH TRAINING.**

**FOR INQUIRIES PLEASE CONTACT CHRIS DICINTIO AT
COACHDICINTIO@OPTONLINE.NET OR 845-222-9317**

Coach DiCintio has 20 years of experience in coaching boys and girls. He is currently the Somers HS varsity boys' head coach and led his team in 2014 to their best record in nearly 20 years en route to reaching the final four in class A. Chris spent the previous 11 seasons at Rye HS where he led his teams to several league championships and two final four appearances at the County Center. He was named the 2005 Section One Conference "Coach of the Year". He is the founder and President of the East Coast Panthers, an elite AAU organization. He is also a NY State Certified Coach and is CPR certified.

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Lou DeMello has been an Athletic Director and Basketball Coach and Trainer for nearly 30 years. He is currently the assistant boys' basketball coach and the director of programming for the junior varsity and modified level at the Masters School in Dobbs Ferry, NY. From 1988-1994 he was the head boys' basketball coach for Rice High School in Harlem, NY. He led his team to win the NYS CHSAA Class AA and Federation Championship and his team was ranked #1 in the USA Today National Ranking in 1994. Lou went on to become the NYS coach of the year.