



THE GRIND

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The Grind is an opportunity for your team to compete in 3 games allowing them an opportunity for brief and intense conditioning as well as the chance to compete in an organized setting to hone their team basketball skills.

Date:
Friday October 13th Senior Grind

Contacts:
Senior - mohamed.saleh@yrdsb.ca

Location:
Thornlea Secondary School
8075 Bayview Ave
L3T 4N4

Cost: \$325
Payable to Thornlea Secondary School

Book your spot now!

OCTOBER 13TH

8:00 am

9:30 am

11:00 am

12:30 pm

2:00 pm

3:30 pm

SENIOR

1 v 2

3 v 4

2 v 4

1 v 3

2 v 3

4 v 1

RULES

- 4 eight minute quarters
- 3 Time-outs (1 in FH, 2 in SH)
- 5 minute half-time
- 2 min Over-time or first make

