



THE  
GRIND

# THE GRIND

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

