



# GREAT BEGINNINGS



## BASKETBALL WITH ED GREEN & STAFF PARENT/CHILD PROGRAM

Children 3 - 7  
Adults 18 - 100

SPONSORED BY THE CITY OF SALEM PARKS AND RECREATION DEPARTMENT

### WHAT IS GREAT BEGINNINGS?

Great Beginnings is a five week instructional program targeted to three, four, five, six, and seven year olds. The goal of this program is to help prepare young children for the challenges of organized sports in a non-threatening atmosphere without the worry of competition. Each child along with his or her parents work together to learn the basic motor skills needed to successfully move on to more organized sports in years to come. The Great Beginnings Sports Readiness Test helps objectively measure the child's abilities. As the program progresses and children show improvement, the skill stations are altered so that each child remains challenged. Parents spend quality time together with their child while learning how to properly teach and support them in sports. This will be a fun time for all who attend.

### WHAT ARE SOME OF THE BENEFITS OF GREAT BEGINNINGS?

- Builds confidence and self-esteem in children
- Fun and positive early experience in sports
- Helps prepare kids and parents for future sports participation
- Quality time together for parents and child
- Helps parents learn how to support and teach their child

KEEP THE TOP PORTION OF  
THIS SHEET FOR YOUR  
SCHEDULE. DON'T FORGET  
TO MARK YOUR  
CALENDAR!!!

### DID YOU KNOW?

Studies have shown that 49% of kids do not have the basic skills they need to compete in youth sports programs. The results often lead to frustration, embarrassment and fear that cause over 70% to drop out of organized sports altogether by age 13.

### WHO IS ED GREEN?

Ed Green has over 40 years combined experience as a coach at the college and high school level. He is known throughout Virginia and the Roanoke region for his innovative and fun approach to teaching and coaching kids of all ages. His knowledge of teaching fundamentals and that of his staff will help lay foundation for you and your child to build upon for an enjoyable sports experience.

\*\*PLEASE SCAN AND FORWARD  
TO FRIENDS\*\*

### WHEN, WHERE, WHAT TIME, AND HOW MUCH?

When: Sundays, January 4, 11, 18, 25 and February 1, 2026 (5 weeks)

Where: G. W. Carver Elementary Gymnasium, Salem, VA

What Time: 1<sup>st</sup> session: 1:30 pm – 2:30 pm

2<sup>nd</sup> session: 2:45 pm – 3:45 pm

How Much: \$80.00 per parent/child group      What to Bring: Small basketball



To sign up please call Ed Green at 540-387-9516 or mail the following registration information to:

Make checks payable to Ed Green and send form to:

1<sup>st</sup> session: 1:30 pm – 2:30 pm

Please check box for  
your choice of time

2<sup>nd</sup> session: 2:45 pm – 3:45 pm

Ed Green, Great Beginnings

2636 Clover Street

Salem, VA 24153

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent or Legal Guardian: \_\_\_\_\_

Email: \_\_\_\_\_ Current Daycare/School: \_\_\_\_\_

Future Programs: Soccer – April 2026  
T-Ball – April 2026

REGISTRATION DEADLINE IS JANUARY 3, 2026