Alter Lady Knights Basketball - State Champions - 2008 - 2015 - 2016 - 2017 - 2022

f (https://www.facebook.com/JLKBasketball/) 🐦 (https://twitter.com/jlknights) ▶

(https://www.youtube.com/channel/UCIti7WNJjN8OhkjmnbNglDA/featured) 📷

(https://www.instagram.com/jlknightsbb/)

(https://juniorladyknights.org/)

Upcoming Events

Pre-Season Clinics - Conducted By Pro-Shot Shooting System

We are excited to welcome back to Kettering Pro Shot System to conduct our Pre-Season Clinics. We have hosted them several times in the past. They do an incredible job improving players' shooting and scoring. Check them out here - Pro Shot System (https://www.proshotsystem.com/)

Come see what "The Finger" is all about. Space is limited so register early - Registration (https://juniorladyknights.org/registration/)

Cost is $35 per session, or $60 for both.

September 22nd - Orchard Park Elementary School, 600 East Dorothy Lane

4:00 - 6:00 - Shooting Clinic

6:15 - 8:15 - Scoring Clinic

September 29th - Orchard Park Elementary School, 600 East Dorothy Lane

2:30 - 3:30 - 2nd Grade

3:45 - 4:45 - 3rd & 4th Grade

5:00 - 6:15 - 5th Grade

6:30 - 8:00 - 6th, 7th & 8th Grade

October 6th - Orchard Park Elementary School, 600 East Dorothy Lane

2:30 - 3:30 - 2nd Grade

3:45 - 4:45 - 3rd & 4th Grade

5:00 - 6:15 - 5th Grade

6:30 - 8:00 - 6th, 7th & 8th Grade

Pre-Season Meeting

October 13th - Online

7:45 - 8:45

Evaluations