

# Basketball Camps

## ALL SKILLS CAMP

This camp will focus on developing the essential aspects of basketball: **Offense, defense, speed and agility**. Campers will have the opportunity to learn the different fundamentals, skills and techniques, and then apply them to real game situations. Skill contests and plenty of scrimmage time will give the players opportunity to showcase their skills. If you're looking to be an all around skilled basketball player, then this is the camp for you!

### BEGINNER/INTERMEDIATE

**Code: 0932-A**

Dates: June 16 - 19

Time: 2:30 - 4:30 PM

Ages: 7 - 11 years old

Fee: \$80.00

**Code: 0932-C**

Dates: July 14 - 17

Time: 10:00AM - 12:00 PM

Ages: 7 - 11 years old

Fee: \$80.00

**Code: 0932-E GIRLS ONLY SKILL CAMP**

Dates: July 21 - 24

Time: 10:00 AM - 12:00 PM

Ages: 7 - 13 years

Fee: \$80.00

### ADVANCED (Travel/AAU)

**Code: 0932-B**

Dates: June 23 - 26

Time: 2:30 - 4:30 PM

Ages: 9 - 13 years old

Fee: \$80.00

**Code: 0932-D**

Dates: July 14 - 17

Time: 1:00 - 3:00 PM

Ages: 9 - 13 years old

Fee: \$80.00

## SHOOTING CAMP

Looking to perfect your technique in all aspects of shooting? Then this is the camp for you! This camp will focus on **form, technique and overall shooting ability**, from lay ups to three point shots. This camp will help players assess their strengths and weaknesses as a shooter.

**Code: 0912-A**

**BEGINNERS**

Dates: July 7 - 10

Time: 10:00 AM-12:00 PM

Ages: 7 - 11 years old

Fee: \$80.00

**Code: 0912-B**

**ADVANCED**

Dates: July 7 - 10

Time: 12:30-2:30 PM

Ages: 9 - 13 years old

Fee: \$80.00

## BALL HANDLING CAMP

This camp will teach and develop ball handling and shooting basics essential to the game, including **passing, rebounding, dribbling and shooting**. Various techniques in how to move and manipulate the ball down the court will be covered, including the cross-over and between the legs. Campers will also work on developing their free throw technique, three point shot and lay ups.

**Code: 0952 - BEGINNERS**

Dates: July 21 - 24

Time: 12:30 - 2:30 PM

Ages: 7 - 11 years old

Fee: \$80.00

## SPEED, AGILITY & CONDITIONING

This camp focuses on increasing a players speed and agility as it relates to the game of basketball. The program is designed to introduce drills and competitive games for building speed, coordination, balance and teamwork. Activities will include stretching, ladders, jumping, cone drills and many other fun activities to build overall skill. This is a great camp for players looking to become the best athlete possible!

**Code: 0992-A BOYS**

Dates: July 28 - 31

Time: 11:00 AM - 12:30 PM

Ages: 7 - 13 years old

Fee: \$60.00

**Code: 0992-B GIRLS**

Dates: August 4 - 7

Time: 11:00 AM- 12:30 PM

Ages: 7 - 13 years old

Fee: \$60.00

## GAME DAY CAMP

This camp will consist of **skill work on the various basics of basketball, skill contests and small sided games**. After being evaluated, campers will be split into teams (age appropriate) and a **tournament** will be held within the camp.

**Code: 0902-A BEGINNERS**

Dates: July 28 - 31

Time: 1:00 - 3:30 PM

Ages: 7 - 11 years old

Fee: \$100.00

**Code: 0902-B ADVANCED**

Dates: August 4 - 7

Time: 1:00 - 3:30 PM

Ages: 9 - 13 years old

Fee: \$100.00