

General Camp Information

Please be sure to fill in all of the forms provided in the application package—which includes a general registration medical and consent.

All forms must be filled out completely, signed and returned with payment.

ELIGIBILITY

This camp is available to players 6- 17 yrs old. Registration and payment must be submitted one week prior to camp date. Registrations are limited to 12 players per session. You may register for morning and afternoon session in needed.

After you register if you have to cancel for any reason, you will receive a credit for 100% of all camp fees.

CAMP HOURS: Monday to Friday

Session 1	9:00am -11:45am
Lunch	12:00pm - 12:45
Session 2	1:00pm - 3:30pm
Free Time	3:30pm - 4:00pm

STAFF

Our staff are highly qualified. As players, they have all played at national and/or first division level and understand the mental, physical and emotional strength needed to excel in this sport.

CLOTHING

It is always a good idea to pack a change of clothing.

Campers are expected to wear appropriate gym attire and non marking running shoes.

We do offer refund protection , costing \$50 per session payable when you register. You will receive a refund of all monies paid (excluding the refund protection fee) if you cancel 1 week prior to session

Please note: We no longer reserve spots. Space is limited and preference will be given to fully registered participants.

2009 Basketball Summer Camp

Fundamental Game Skills Camp - Ages 6-17yrs *80.00 July

06th, 2009 - July 13th, 2009

(Session 1) 9:00am to 11:45am Monday to Friday

(Session 2) 12:45pm to 3:30pm Monday to Friday

Comprehensive Skills Camp - Ages 6-17yrs *80.00

July 13th, 2009 - July 17th, 2009

(Session 1) 9:00am to 11:45am Monday to Friday

(Session 2) 12:45pm to 3:30pm Monday to Friday

Offensive Pro Camp - Ages 6-17yrs old *80.00

July 20th , 2009 - July 24th , 2009

(Session 1) 9:00am to 11:45am Monday to Friday

(Session 2) 12:45pm to 3:30pm Monday to Friday

Ball Handling & Core Skills

July 27th, 2009 - July, 31st 2009 - **Ages 6– 17yrs *80.00**

(Session 1) 9:00am to 11:45am Monday to Friday

(Session 2) 12:45pm to 3:30pm Monday to Friday

Camp Location

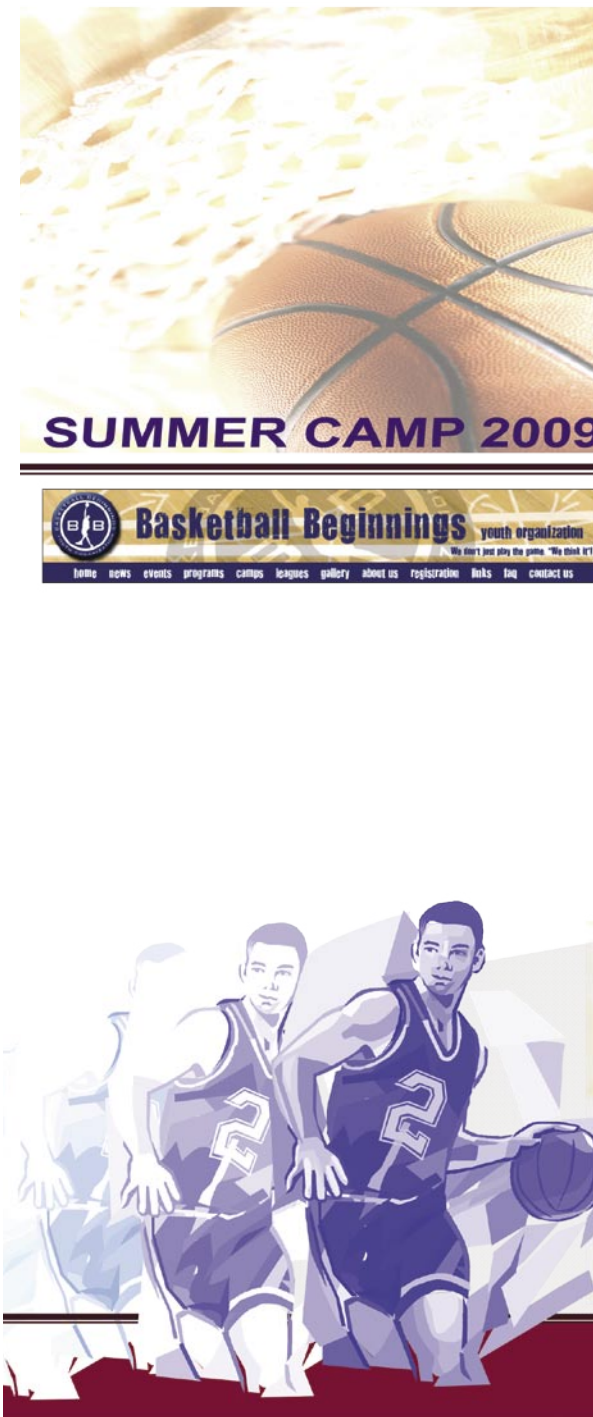
<http://www.tcdsb.org/schools/lrettoabbey.asp>

Loretto Abby Catholic (Secondary School)

101 Mason Boulevard,
Toronto, Ontario
M5M 3E2

Phone: 416-494-3411 Fax: 416-494-3111

Come to the main entrance at the parking of the lot





This Summer Camp Brochure contains important information which applies to the campers planning to attending this session. Please take the time to read it carefully.

Core Skills Training

This Summer Camp will focus on dribbling, shooting and overall ball-handling skills. We will be emphasizing the use of correct techniques and aiming to increase levels of accuracy through repetition; assisting the body in developing an unconscious perception of the repeated movement.

What to Expect?

Our 2009 All Pro-Camp Camp is filled with drills and activities that are challenging and designed to strengthen basketball skills. The start of the week is the most difficult. Children should expect to feel tired and sore after the first two days. Parents, you should expect to hear your child complain about how difficult camp is, how boring it was. Your child may even say he wants to quit. This is quite normal. However, by mid-week your child will be executing moves he/she never would have believed possible. The work is hard initially but the rewards are great.

A Parent's Role

Parents interested in sending their children to this years camp must understand that this is not a daycare centre. As a parent, you know exactly what your child may or may not be capable of. We have tried to make this camp fun and interesting, however there is a lot of hard work involved; share this information with your child and determine whether he/she is up for the challenge. At Basketball Beginnings we believe that a certain level of mental, physical and emotional strength is needed when you aspire to attain higher levels of achievement. The key to your child's success is your ability show continuous support and offer positive encouragement.

Camp week Schedule

Morning Session (Group 1)

9:00 am - 11:45 am

Lunch/Gym Closed

12:15 pm - 12:50 pm

Afternoon Session (Group 2)

12:45 pm - 3:45 pm

This is a general overview of the weekly summer camp schedule The group ages may vary on a weekly basis.

Think these session as basketball development

You have a 2 to 6 coach to player ratio.

All the focus is geared to you.

We just don't play the game

We THINK IT"

COME PREPARED

What to Wear?

Suitable Gym Attire

Gym Shoes/ Non Marking Soles

What to Bring?

Extra Change of Clothing

Towel

DO NOT BRING VALUABLES

CORE SKILLS TRAINING CAMP

EMPHASIS: BALL HANDLING AND SHOOTING SKILLS

»IMPROVE YOUR DRIBBLING SKILLS

»RAISE YOUR SHOOTING AVERAGE IN "10,000 SHOTS"

»FOOTWORK/BALANCE

Registration Costs include:

Water
Basketball Beginnings Practice Jersey
Written evaluation and Camp Picture
*Towel service available

FOR MORE INFORMATION EMAIL info@basketballbeginnings.com OR CALL (416) 494-3111

Camp Program Information

It's that time again!!! Basketball Beginnings is proud to offer once more summer camps 2009, they are intense sport specific camps that provide campers with the opportunity to experience individual development in their basketball IQ and talent. Both beginners and experienced players alike will benefit from the methods ,atmosphere and delivery of our programs.

FORMAT

Each session last 2.45 hours per day for 1 week, campers may participate in back to back sessions. Sessions are scheduled by age with a (2-6) coach to player ratio. Campers benefit from hands on instruction which will inevitably assist in their personal progression in terms of strength, mechanics and technique.

SKILLS CAMP

This camp is a great experience for players who want to improve their skills. The basics of the game and the skills required will be covered throughout the week. Games situations will be covered.

Ages 6-17, FEE: \$80.00

COMPREHENSIVE CAMP

Basketball Beginnings comprehensive camp immerses players in the sport, giving them focused, quality training that is essential to improvement. Participants will learn offensive and defensive skills, shooting techniques, ball handling skills. Emphasis will be placed on fundamental games skills while incorporating basic motion. Over the camp week, self confidence will grow along with skills and overall appreciation of the game.

Ages 6-17, FEE: \$80.00

ALL-PRO CAMP

All-Pro Camps concentrate on physical fitness conditioning, fundamentals skills, rebounding, conversion and team play. In addition, each player will be able to select to areas of specialization with will allow him to get concentrated instruction at his favorite positions. Players will learn in-dept knowledge of the game and his responsibility as a player in his particular role. Emphasis is placed on offensive/defensive skills.

Ages 6-17, FEE: \$80.00

Camp Program Information

Children 6– 9

We start with an introduction to the game of basketball and basic skills for younger children. They are encouraged to participate in simple drills and fun games that help them interact with their peers. Campers in this age group focus in on social awareness, consideration for others, sharing the ball and confidence in their abilities.

Children 11- 13

Players in this age focus is on fundamentals, proper technique, and strengthening of the basic basketball skills acquired. We differentiate between street ball and organized ball by using sport specific drills to enhance their court performance. The game is introduced through mechanics and conditioning. within the week your child will be able to assess his/her level of interest in the sport.

Teens 14 – 17

This camp is designed for teens that express the desire and possess the determination to improve their skills to play beyond their current level. Teens are challenged to set a goal and work towards it. It is high-energy, competitive and challenging. We introduce leadership roles and strategic team work. Self –assessment allows them to discover their individual talents and develop them.



PROGRAM DEVELOPMENT PHASE

Identify and develop the component part of the skill. Link the component parts into a smooth action. Develop this learned skill so that it becomes automatic while receiving feedback to shape and polish them into a smooth action. While this will not happen in one week, knowledge of the proper technique used when rehearsing the skill regularly and correctly will take the players game to a higher level