

SJA THUNDER BASKETBALL

Winter Break – Boys & Girls Basketball Camp

Camp Info:

When: Dec 28-30th (4:00 – 6:15P.M.)

Where: St. James Academy

Who: Boys & Girls, Grades 3-8th

Cost: \$30 per day or \$80 for all sessions



- PSALM 3:6 -

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ST. JAMES BASKETBALL

- ONE TEAM // ONE GOAL // ONE FAMILY -

2016-2017

Our Winter Break Camp will offer boys and girls, (Grades 3-8th) a variety of skill opportunities to pick and choose from. This camp will feature 3 - 45 minute sessions per day. When registering, campers will fill out check boxes to indicate the day(s) that they will attend. During camp, campers will be organized based on gender, and ability levels to create equal groups. Our Winter Break Camps are also a great opportunity for teams and/or large group attendance. In previous years, this camp has been extremely successful and a great way to enhance skills in preparation for the remainder of basketball season. Each day and session, we will incorporate and teach a variety of new drills that pertain to each skill mentioned.



Sessions:

Session 1: Shooting Fundamentals & Learning to get Open
Time: 4:00 - 4:45 P.M.

Session 2: Becoming Great Ballhandlers & Passers
Time: 4:45 – 5:30 P.M.

Session 3: Creating Scoring Opportunities in the Half Court
Time: 5:30 - 6:15 P.M.

[Register Here... SJA Winter Break Bball Camp](#)

Registration:

Days of Attendance	<u>Dec. 28th</u>	<u>Dec. 29th</u>	<u>Dec. 30th</u>
Place an X on Day(s) that your son or daughter will attend our camp.			

Total Days: _____

Total Cost: _____

This year's campers will also receive an individual Basketball Workout Booklet. This booklet will include some of Coach Dohm and Coach Ferguson's favorite skill enhancement drills that will help any player take his or her game to the next level. Here are a few drills/highlights of the booklet...

- The 300 Shot Workout
- *"The 10 Essentials to becoming a Great Shooter"* Handout
- Max-Out Shooting Routine
- 150 Killer – Dribbling Series
- Bird Shooting
- *"How to be a Great Teammate"* (Handout)



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