



CO-ED SUMMER BASKETBALL CAMP High Level, AB

This camp is designed to give participants a chance to learn a level of specific basketball skills in a fun and challenging environment. We have shooting machines in which we will bring along to assist us in our training.

Age Group	Tuesday August 14, 2012	Wednesday August 15, 2012	Cost	Location
Grade 6-9	8am-5pm	8am- 5 pm	\$125*	Spirit of the North
Grade 10-12	8am-5pm	8am- 5 pm	\$125*	High Level Public School

***Lunch and Snacks provided**

Some of the items to be taught include

- ✦ Competitive & Cooperative Games
- ✦ Proper Shooting Technique
- ✦ 1 on 1 Offensive Skills
- ✦ Ball Handling
- ✦ Team Play
- ✦ Keys to High Pressure Defence
- ✦ Dealing with Contact



Program Features

Speed/Quickness/Agility training
Focus on lower body reactive power

T-shirts sponsored by



**To register come into the Town Hall
For more info please call 821- 4012**