

FUNDAMENTAL SPORTS ACADEMY BASKETBALL CAMP AT



Dates

June 22nd-25th

Times

1:00-2:45

Ages

6-9

The Children that have participated in the after school sessions have spoken...and they want more time to learn, improve and play the game of basketball. Therefore, **FUNDAMENTAL SPORTS** is excited to extend it's after school program into the summer. This four day camp will continue to focus on the fundamentals of basketball, gearing its instruction based on each camper's individual ability levels. The camp will place emphasis on making campers feel good about sports and their own abilities, guided by the principle that confidence is the key to success both on and off the court. **FUNDAMENTAL SPORTS** has an accomplished coaching staff that is eager to assist each camper in reaching his or her full potential as a basketball player. The staff of players and coaches from elite high school and colleges will help each camper become the best player possible. All Campers will be grouped according to age and skill, with a camper to coach ratio of approximately 8 to 1.

SKILL DEVELOPMENT

TEAM AND INDIVIDUAL DEFENSE

OFFENSE PLAYING WITHOUT THE BALL

1 ON 1 GAME

BALL HANDLING

SHOOTING

REBOUNDING

FITNESS/SPEED TRAINING

TYPICAL CAMP DAY

**Outdoor courts available with weather permitting

1:00 STRECHING AND WARMUP

1:10 TEACHING STATIONS- FUNDAMENTAL

2:10 LEAGUE GAMES

2:45 DISMISAL

CAMPERS WILL RECEIVE

CAMP TEE-SHIRTS

PRIZES AND AWARDS

PICTURES AND AUTOGRAPHS



THE COST OF THIS CAMP IS \$179.00
CALL OR EMAIL MATT SPALLINA TO REGISTER

PHONE (914) 219-1616 EMAIL MSPALLINA@GETTOTHETHEGYM.COM
99 BUSINESS PARK DRIVE ARMONK, NY 10504 WWW.GETTOTHETHEGYM.COM