



SUMMER BASKETBALL TRAINING PROGRAM

For players that are serious about advancing their game with consistent, focused, and intense training sessions. Areas of focus for the camp include:

- » Ball handling development-control and strength drills along with game situation
- » Footwork development - in the post and on the perimeter
- » How to score in a team concept
- » Finishing at the basket - variations and repetition
- » How to be a good passer - mentality, skill, and awareness
- » Defensive attitude, awareness, and technique – on ball and off ball
- » Transition work-dynamics of a good break and conditioning
- » Basketball specific agility and strength exercises
- » Shooting development and increasing scoring moves/options
- » Developing toughness, effective communication habits, and a competitive attitude

Boys and Girls Together

Camp runs on TUESDAY, WEDNESDAY, and THURSDAY at the Kalona YMCA Rec Center

Starting June 11th-August 8th =27 Total Sessions

8am- 10am Grade 3rd-7th Grade (entering fall '19)

10am- 12pm Grade 8th-12th Grade (entering fall '19)

Two Purchase Options

Full Program Punch Card - 27 Total Sessions (punches): \$200- Y Members \$275-Non Member

Half Program Punch Card - 13 Total Sessions (punches): \$150- Y Members \$200- Non Member

Multi Player Families receive 10% discount on total. Make Checks Payable to YMCA of WASHINGTON COUNTY IOWA

Registration Form

NAME: _____ CELL PHONE: _____
 PARENT/GUARDIAN'S NAME: _____ CELL PHONE: _____ (used for "REMIND APP")
 EMAIL: _____ ADDRESS: _____

GRADE: _____ MALE FEMALE (CIRCLE ONE) SHIRT SIZE: YM YL AS AM AL AXL

* I understand the physical activities in which my child participates in with the Washington Community Y. I agree to assume all liability and release the Y and any other associated parties from any liability for the risk of injury, illness or death on account of my child's presence in this program.

_____ (Parent's Signature)

PHOTO RELEASE: I give permission to the YMCA OF WASHINGTON COUNTY to use, without limitation or obligation, photographs, film footage, or tape recordings which may include mine or my family's image(s) or voice(s) for purposes of promotion or interpreting YMCA programs.

_____ (Parent's Signature)