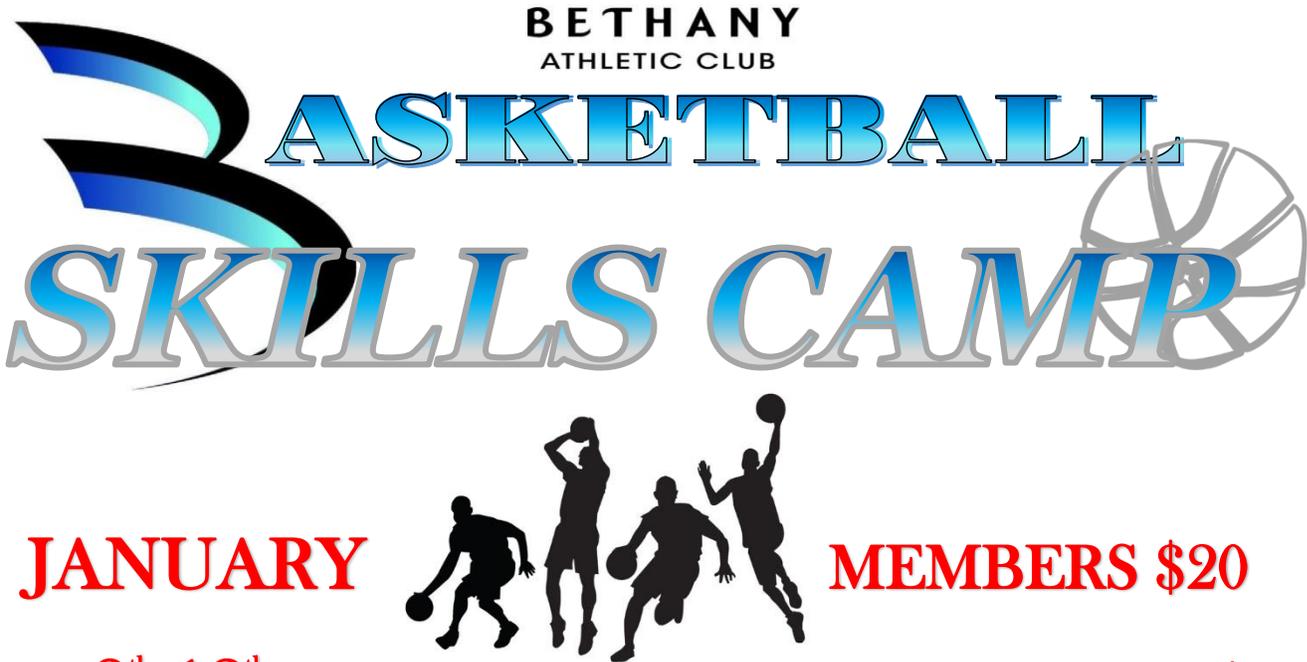


BETHANY
ATHLETIC CLUB

BASKETBALL SKILLS CAMP



JANUARY

8th-12th

MEMBERS \$20

NON-MEMBERS \$40

Get ready for your B.A.C. Basketball League by brushing up on our skills at our one-week skills camp! We will go over every foundation skill over the first two days and build on them over the last three days. These skills will include:

- Shooting
- Ball handling
- Passing
- Defense
- Communication

This camp is for K-8th grade. We will split you up by age group and make sure you work on skills progressions appropriate to your skill level. We will be bringing everything back to basics. As time goes on there are moments when we forget to do the little things that can have a big impact on our game. We will recreate good habits on our journey to getting better. Some of these things may seem simple but are very necessary to build on our skills and create the consistency we are striving for. We are all about getting better but that can only happen if you put in the work! I found a quote by World Cross Fit Champion Mat Frasier that sums it up perfectly

“I’M GOING TO DO TODAY WHAT OTHER PEOPLE ARE NOT WILLING TO, SO I CAN DO TOMORROW WHAT OTHER PEOPLE CAN’T.”

This camp is for all kids including those who do not plan to participate in youth league. This will be a great and fun filled week of getting better and becoming a more consistent basketball player. Remember consistency is key. If you give it your all during this camp and practice the drills I give you outside of this camp, I can promise you will see positive results in your game.

REGISTRATION FORM

Members- \$20

Non-Members- \$50

GRADES K-3

5:00PM-6:00PM

GRADES 4-8

6:00PM-7:00PM

DATES

Monday - Friday

JANUARY 8th-12th

CAMPERS NAME: _____

CAMPERS AGE: _____

CAMPERS GRADE: _____

PARENT NAME: _____

PHONE: EMERGENCY CONTACT

HOME: _____

CELL: _____

EMAIL: _____

REFUND POLICY: We **MUST** be notified about any cancellations 1 weeks prior to the start date. No refunds will be allowed after January 1st, 2018. No Exceptions.

LIABILITY WAIVER: I understand that basketball is a physically active sport. I understand that any injuries that take place during this time are not the financial responsibility of Bethany Athletic Club. I accept full responsibility of my child's actions during this time

. SIGNATURE of PARENT/GUARDIAN

x _____

IT'S NOT ABOUT HOW GOOD YOU ARE, IT'S
ABOUT HOW GOOD YOU WANT TO BE!