

## CAMP WILL BE HELD AT SEP HIGH SCHOOL

### JUNE 23-26, 2014

### **3RD - 5TH GRADE RAMS**

Open to all boys entering 3rd - 5th grades in the fall.

June 23-26 9-11 AM \$75

### **6TH - 8TH GRADE RAMS**

Open to all boys entering 6th - 8th grades in the fall.

June 23-26 11:30 - 1:30 PM \$75

Each registered camper receives a t-shirt and certificate.

### WHAT TO BRING

Campers are responsible for their own shoes, socks, t-shirt and shorts. You may bring your own water bottle.

### **TO REGISTER**

Register online at **RAMMall**, or send the completed registration form with your check payable to Southeast Polk High School:

Activities Office Southeast Polk High School 7945 NE University Ave Pleasant Hill, IA 50327

# PARTICIPANTS WILL LEARN BASIC DRILLS AND STRATEGIES

Our camp features a high number of coaches per player. We make this possible by having our sophomore and varsity players work as coaches. Learn the game with your favorite RAM!

#### **Teaching sessions feature:**

Dribbling

**Passing** 

**Triple Threat** 

**Boxing Out** 

Rebounding

Shooting

Getting open without ball

Transition offense

Transition defense

Strategies of the game

Post up moves

Jump stop

Setting screens

Defensive footwork

Individual defense

Team defense

### **CAMP CONTEST & AWARDS**

- Most Improved
- Coaches Awards
- Hustle Awards
- Free Throw Contests
- Mikan Drill



### **COACHES PLEDGE**

- · Our campers come first.
- · Campers and their needs are our highest priority.
- We treat campers and each other as we wish to be treated.
- We provide excellence in teaching basketball skills to all our campers.

HOSTED BY THE SEP COACHING STAFF

### 2014 BOYS BASKETBALL REGISTRATION FORM

Camper's name	Grade in Fall	Age	School
Address	City, State Zip		
Home Phone	Emergency Phone		
E-mail	Circle T-Shirt Size		
	YM(10-12)	YL (14-16) AS	AM AL AXL AXXL

### STUDENT ACCIDENT INSURANCE