



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BASKETBALL CAMP

**SUMMER 2012**

## **Program Description**

The Burbank Community YMCA is running a three season basketball camp for this year Summer Break, Winter Break and Spring Break. The emphasis of these camp's are to improve fundamentals of the game of basketball, from ball-handling, to passing, shooting, defensive stance, and many more basic skills are covered throughout the week of instruction.

The camp also includes competition, both individually and in team situations. Camp participants must provide their own snack and lunch. Participants will also receive camp trophies, camp packet for the week. The camp is designed to give each camper the skills necessary to get one step closer to becoming the complete basketball player in an enjoyable way.

**Ages:** 7-13 years old

Camp Dates	Camp Days	Camp Times	Session Code	Program Code
July 9 - July 12, 2012	Mon - Thurs	9:00am - 3:00pm	12SMR	BBCAMP SMR

Membership Type	Registration Start Date	Registration Start Time	Fees
Family	January 2, 2012	9:00 AM	\$ 75.00
Youth & Student	January 9, 2012	7:00 AM	\$ 100.00
Program	January 9, 2012	7:00 AM	\$ 150.00

## **Basketball Camp Daily Schedule:**

- 9:00 – Stretching
- 9:30 – Warm Up Drills
- 10:15- Snack Break
- 10:30- Stations (dribbling, passing, shooting, rebounding)
- 12:00- Lunch Break
- 1:00 – Contests (3 point, 2- ball, free throw, one on one)
- 2:00- Games (5 on 5)
- 3:00 – End (Prizes)