



OFFENSIVE SKILLS BASKETBALL CAMP

GRADE 4 - 9 / boys and girls

COST: \$60 PER PLAYER

LOCATION: WEST ISLAND COLLEGE
7410 Blackfoot Trail SE (rear gym doors)

DATE: MONDAY, FEBRUARY 15, 2010

TIME: 9am – 5pm
snacks/drinks available for purchase

CAMP HIGHLIGHTS:

- Ball handling
- Beating the defender off the dribble
- Skill development stations
- “Create your own shot” techniques
- Proper shooting mechanics
- Build confidence and skills to play at the next level

The camp is run by John Hegwood, CYDC Basketball Director;
John brings over 30 years experience as a player and coach.

John will be assisted by the CYDC coaching staff
& ten players of the CYDC U16 Elite Team

Participants will also get the chance to play some fun
one on one with the CYDC U16 players – beat them to the hoop!

Please bring a lunch, water bottle, basketball, runners and a notebook/pen & be ready to work hard, listen, improve your skills and have fun!

The number of players is limited; please email cpatrician@hotmail.com
or call 403-620-0883 for further information and to reserve a spot.
You will receive a return email confirmation number to reserve your spot –
Payment is cash or cheque payable to CYDC U16 Elite Basketball.

