



YOUTH BASKETBALL BASICS—SUMMER 2010

"Camps That Teach And Enhance The Basic Fundamentals Of Basketball"

Shooting & Dribbling Basics

Students will learn the proper way to hold and shoot the basketball with emphasis placed on hand and finger placement on the ball, elbow and shoulder alignment and using legs and feet to generate power and accuracy when shooting the basketball. These are the necessary skills to become a better and more effective shooter.

Students will learn and develop ball handling drills that are essential for all positions.

Emphasis will be placed on "body low, ball low" concepts, hand and finger placement on the ball, keeping the head up, stop and go explosion techniques, various dribbling techniques such as cross-over, between the legs, behind the back and reverse pivot.

The Velocity Basketball Basics Camp will make you a better ball handler and give you the confidence to dribble the ball regardless of the position you play.

Instructors: This program will be directed by Velocity Basketball Director, Dr. Earl Reed and instructed by the Velocity Basketball coaching staff.

COST: \$150 Per Per Week. Register For 2 Or More And Receive A 5% Discount

Ages 8-10 @ 9:30am—11:00am
Ages 11-13 @ 11:00am—12:30pm

Please Choose Camps Attending

- _____ **Week 1: Mon., June 7—Thurs., June 10**
_____ **Week 2: Mon., June 14—Thurs., June 17**
_____ **Week 3: Mon., June 21—Thurs., June 24**
_____ **Week 4: Mon., June 28—Thurs., July 1**

PLEASE FILL OUT COMPLETELY, FULL PAYMENT IS DUE AT REGISTRATION
NO CANCELLATIONS OR REFUNDS ACCEPTED

Players Name _____ Age _____
School _____ Grade _____
Parent's Name _____ E-Mail Address _____
Address _____ City _____ State _____ Zip _____
Phone _____ Emergency Phone _____
Medical Information (Please list any medications, allergies, prescriptions)

Make Checks Payable To Velocity Sports Performance OR Provide Credit Card Information Below.

Credit Card Type: MC VISA DISC AMER EXP Credit Card # _____
Expiration Date _____ CW Code (three #'s on back) _____
Parent's Signature _____ **Date** _____

By signing this registration form you acknowledge that you will hold Velocity Sports Performance harmless from any and all claims, cause of action, damages, judgments, cost of expenses, including attorney fees, which may arise from participants use of our presence upon the Facilities, including without limitation the negligence if any of Velocity Sports Performance (including its successors, assigns subsidiaries franchisees, affiliates, officers, directors, employees and agents)

TRAINING HELD AT VELOCITY SPORTS PERFORMANCE
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