

CARDINAL BASKETBALL CAMP

Our camp is designed to provide each camper with an enjoyable and rewarding experience with the game of basketball. The camp will develop individual skills, but it will also place special emphasis on fundamentals, team concepts and good sportsmanship. Our objective is to motivate each camper to set goals in order to reach his potential in becoming the best player he can be. The camp day will begin with the gym opening no later than 30 minutes prior to start time. Promptly at start time, the coaches will take attendance. Warm-up, individual and small group instruction, team play, and competitive contests will follow each day.



Sessions:

Grades 8-9: July 10 - 13 (11:00am - 2:00pm)

Grades 5-7: July 17 - 20 (11:00am - 2:00pm)

Necessary Equipment:

The players should bring plenty of socks, basketball shoes, shorts, and a shirt. Short breaks are part of our scheduled day, and a small concession stand will be available.

Defensive Fundamentals Covered:

- Guarding the ball
- Help defense
- Post defense
- Defending screens
- Team defensive principles
- Rebounding
- Footwork



Offensive Fundamentals Covered:

- Shooting - correct form, fakes
- Ball handling
- Rebounding
- Post moves
- Passing
- Scoring moves
- Motion offense



Cardinal Shooting Camp



Purpose:

To give players serious about improving their shooting skills an opportunity to learn shooting techniques, workouts, and competitive games.

Sessions:

Grades 5-9: July 6-7

Session I: 11:30am -12:30pm

Session II: 1:00 – 2:00 pm

PLEASE NOTE THAT SPACE IS LIMITED FOR THIS CAMP. TO ENSURE A SPOT FOR YOUR SON, PLEASE MAIL REGISTRATION AT YOUR EARLIEST CONVENIENCE.

Registration:

Name of Camper: _____

Contact Phone: _____

Address: _____

City, State, and Zip: _____

Email address: _____

Shirt Size (circle one): YL S M L XL

Name of School: _____

Grade 2017-18 school year: _____

Basketball Camp: (cost \$100)

July 10-13 (grades 8-9) _____

July 17-20 (grades 5-7) _____

Shooting Camp: (cost \$50 per session)

July 6-7

Session I (11:30am-12:30pm) _____

Session II (1:00-2:00 pm) _____

Please make all checks payable and mail to:

St. Charles Basketball Camp

Attn.: Jacob Daniel

2010 E. Broad Street

Columbus, Ohio 43209

Phone: (614) 595-6220 (Jacob Daniel)

Email: coachjdaniel@gmail.com

Parent Release:

I certify that: my son understands and agrees to conform to the rules and regulations of the camp, and my camper is current on his yearly physical. In addition, I allow the camp staff to act for me according to their best judgment in any emergency situation.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____



The Camp Staff:

The camp will be run by the Saint Charles Basketball Coaching Staff along with the assistance of current and former varsity letter winners.



**Saint Charles Cardinals
2017 Basketball Camps**



July 10th – 13th (Grades 8 - 9)
July 17th – 20th (Grades 5 - 7)

Shooting Camp:
July 6th-7th (Grades 5-9)



**Central Catholic League
Champions
2015, 2016, 2017**

**District Champions
2017**