

Bellevue Christian Skills Development Camp

PURPOSE:

To provide five days of intense focus on what it takes to improve individual skills.

The goal of camp is to teach each camper skills that can be worked on long after camp is over. Skills are introduced with timed progressions so the athlete is challenged to perform at a high rate of speed.

AREAS COVERED:

- ◆ Footwork & moves from a pivot foot
- ◆ Shooting Instruction—Fundamentals
- ◆ Shot Preparation
- ◆ Passing and Receiving
- ◆ Live Ball Moves & Lay-ups
- ◆ Individual & Team Defense: Stance & Closeouts; Ballside & Helpside
- ◆ Setting & Using Screens
- ◆ Competitions: Daily Prizes
- ◆ Develop confidence, love of the game, and improve your individual skills.
- ◆ Scoring in the Post
- ◆ Sealing
- ◆ Footwork
- ◆ Individual Development Workouts

IMPORTANT DETAILS

DATES:

June 21 –25

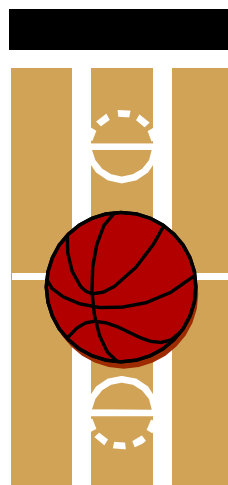
TIME: 6:30—9:30 pm

Grades: 7-12

COST: \$75

PLACE: BCS Main Gym (High School)

CAMP DIRECTOR: Coach Mike Downs has directed camps for the past 30 years.



Viking Basketball Skills Development Camp

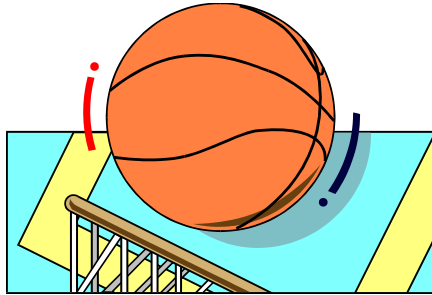
June 21st—25th

Grades: 7-12

Bellevue Christian High School Gym



Execution of fundamental skills at a high rate of speed ultimately determines an athlete's success on the court.



BELLEVUE CHRISTIAN BASKETBALL SKILLS DEVELOPMENT CAMP

Turn in registration below to the front office at Three Points Campus or to the following address:

Coach Mike Downs
14124 125th PI NE
Kirkland WA 98034

Make checks payable to **BELLEVUE CHRISTIAN SCHOOL**

REGISTRATION:

NAME _____ AGE _____ GRADE IN FALL _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ EMERGENCY PHONE _____

PARENT/GUARDIAN _____ T-SHIRT SIZE _____
S M L XL

GRADES 7-12 TIMES: 6:30-9:30pm

DATES: JUNE 21-25

COST: \$75 Check payable to **BCS**

I/We assume all risks and hazards incidental to such participation including transportation to and from the activities and do hereby waive, release, absolve, and agree to hold harmless Bellevue Christian School, and camp coaches for any claim arising out of any injury to my/our child.

PARENT SIGNATURE: _____ DATE _____