

REGISTRATION INFORMATION

To guarantee a spot and t-shirt forms must be received by July 5th.

FEES: Full tuition is \$100.00 per participant

-A minimum fee of \$25.00 must accompany the registration form and the balance of \$75.00 must be paid by the first day of the camp.

-If circumstances prevent attendance, all money paid except registration fee will be refunded.

-Make the checks payable to: Manchester High School

-Fill out the registration form below and return it to Coach Karlson

ONLINE PAYMENT OPTION:

OSP.OSMSINC.COM/CHESTERFIELDVA

If you pay online, please send the registration form to MHS or email joshua_karlson@ccpsnet.net

Proceeds from camp will benefit the MHS Boys' Basketball program.

APPLICATION

(please print or type)

Name _____

Phone _____

Email _____

Parent/Guardian Name _____

Address (street, city, zip) _____

Age _____ Height _____ Grade Entering _____

Shirt Size (circle one) Youth Large/Adult Small/Medium/Large/XL

Health or physical limitations (if so, explain) _____

INJURY WAIVER

The undersigned will waive Manchester High School of any liability resulting from injury during participation in the clinic.

I am enclosing: _____ \$100.00 full payment (OR)
_____ \$25.00 registration fee
(*to hold a spot - balance due July 12th*)

Parent/Guardian Signature: _____

Return to: Coach Josh Karlson
12601 Bailey Bridge Rd.
Midlothian, VA 23112

MANCHESTER HIGH SCHOOL SUMMER 2021 BOYS' BASKETBALL CAMP July 12th - July 15th



TIME: 8:00-1:00

LOCATION: Manchester High School
12601 Bailey Bridge Rd.

WHO: Ages 8 through 16

CAMP LIMIT: 130 can be accommodated on a
first come-first served basis

WHY ATTEND THE MANCHESTER CAMP?

RULES-DRILLS-TEAM PLAY-OFFENSE-DEFENSE
FUNDAMENTALS-COMPETITION-SPORTSMANSHIP
Follow us on Twitter @ MHSLancerBBall

PURPOSE: The Manchester Basketball Summer Camp endeavors to teach both the fundamentals and refinements of the game to young men who have a strong desire to improve. Each camper will receive instruction appropriate to his level of ability. Maximum individual attention combined with ample practice and competition will be offered. Team play, sportsmanship, hustle, and attitude will be stressed during this week.

FACILITIES: The clinic will be held at Manchester High School located at 12601 Bailey Bridge Road. The gym contains three full courts with dividers as well as an auxiliary gym for the younger campers. Ample locker room space is available. The gym is air conditioned and is one of the best in Chesterfield County.

EQUIPMENT: Participants must provide their own shoes, socks, towels, shorts, and other personal equipment. The camp will provide the number of balls necessary for instruction. A camp t-shirt will be given to each camp participant.

TUITION: See registration form on the back. Cost will be \$100.00 for instruction over a four-day period. This fee includes a camp t-shirt and a daily lunch with drink. A snack bar will be available for the campers to purchase food and drinks before and after lunch.

ADDITIONAL INFORMATION: If you have any question please call Coach Josh Karlson at 439-3934 or email him at joshua_karlson@ccpsnet.net

SAMPLE DAILY SCHEDULE

8:00	Arrive/Free Shoot
8:10-8:55	Offensive Skills: Shot Form
8:55-9:55	Games-Set #1
9:55-10:00	Water Break
10:00-11:00	Games-Set #2
11:00– 11:45	Defensive Skills: Footwork
11:45 –12:45	Games-Set #3
12:45—1:00	Announcements and Closing

CAMP STAFF

This year, like in years past, the Manchester coaching staff will be on hand to organize and run this camp. From Junior Varsity up to the Varsity level, Manchester's coaches are equipped with the knowledge, desire, and skills necessary to make this a rewarding experience for every camper.

Several members of the Manchester High School basketball team will assist the coaches in the demonstration and supervision of all methods and skills for the players.



SAMPLE SKILLS TO BE EMPHASIZED

- *1 on 1 Stationary offensive moves
- *Shooting: Stationary/On the move
- *1 on 1 moves off the dribble
- *Defensive footwork
- *Ball handling techniques
- *Passing
- *Post Offense moves
- *Rebounding techniques
- *Strong and weakside defense
- *Attacking the basket
- **Many, Many More*