

Daily Schedule

- 8:30 ARRIVAL/SHOOT AROUND
- 9:00 GREETING/ACTIVE WARM-UP
- 9:10 CAMP BALL HANDLING
- 9:20 SKILL STATIONS
- 10:00 TEAM PRACTICE/LEAGUE GAMES
- 12:00 LUNCH
- 12:45 CONTEST
- 1:00 SKILL STATIONS
- 1:30 TEAM PRACTICE/LEAGUE GAMES
- 3:30 DISMISSAL

LEAGUE PLAY!

AGILITY DRILLS!

SHOOTING MECHANICS!

BALL HANDLING!

PERSONALIZED REPORT CARDS!

DAILY CONTESTS!

FOOTWORK DRILLS!

AND MUCH MORE!

CAMP GOAL

At Orange Alliance Basketball Camp we place an emphasis on skill development. Our job throughout the week will be to help our campers improve in many phases of the game. Campers will work on these fundamentals daily in our skill stations and incorporate them in full court games.



Orange Alliance



2100 Baltimore Rd. Rockville, Md. 20851

2013

Orange Alliance

Basketball CAMP

July
8-12
&
15-19
@ Rockville
High school

MAIL REGISTRATION FORM TO STEVE WATSON AT
2100 BALTIMORE RD. ROCKVILLE, MD. 20851

CAMPER

PLEASE PRINT

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

AGE _____ BIRTH DATE _____

WEIGHT _____ HEIGHT _____

DAYTIME PHONE _____ E-MAIL _____

EMERGENCY CONTACT NAME/PHONE NUMBER _____

Week of attendance

7/8/13

7/15/2013

T-SHIRT SIZE (ADULT)

S M L XL XXL

PAYMENT METHOD

CHECK OR MONEY ORDER MADE PAYABLE TO Orange Alliance Basketball

Parental Permission

I give permission for my child to participate in Orange Alliance Basketball Camp. I understand that the camp cannot be responsible for theft or damage to personal property, injury or illness. In case of an emergency, injury or illness, the senior staff members have my permission to secure any emergency medical care deemed necessary by a licensed physician for my child. Any allergies, medications or special needs have been noted on this form. I understand there are inherent risks involved in playing sports. I fully accept these risks for my child and release the Orange Alliance Basketball Camp staff from any claims for loss, illness, or injury that my child may sustain while at camp.

Parent/Guardian Signature and Date

Insurance Company/ Policy Number

DEFENSIVE SKILLS

DEFENDING THE BALL!

STRENGTH AND CONDITIONING!

STANCE AND FORM TECHNIQUES!

“WEAK-SIDE” DEFENSE!

REBOUNDING STRATEGIES!

FOOTWORK EXERCISES!

Staff GOAL

Our staff will serve as positive role models so that our campers are not only learning proper basketball skills but also character, dedication, and teamwork that will help them succeed in sports and life. We are committed to providing a positive experience for players with a wide range of skills.

Camp Directors

The camp is run by camp directors Steve Watson and Ben Goldberg. Coach Watson is the varsity coach at Rockville high school and Coach Goldberg is the junior varsity coach at Rockville high school.

Camp counselors

The camp counselors at Orange Alliance basketball camp are the current and former varsitybasketball players. Many of the current counselors were one time campers which creates a dynamic of community and care. We pride ourselves on a commitment to having campers enjoy their time and form bonds with their counselors.

WHO CAN ATTEND

The camp is designed for young men with aspirations of playing basketball and having fun. The camp is open to all players who are entering 3rd—9th grade.

WHAT TO BRING

Campers should bring their camp jersey every day along with a lunch, a bottle of water and a thirst for improving their basketball skills.

COST

\$200 per week
- fee includes Orange Alliance camp jersey

Early bird special of \$175 if registered by April 10th 2013.

OFFENSIVE SKILLS

BALL-FAKE TECHNIQUES!

DAILY SHOOTING INSTRUCTION!

BALL HANDLING SESSIONS!

MULTIPLE PASSING SKILLS!

POWER POST MOVES!

AND MUCH MORE!