

**SKILLS FOR HOOPS CAMP  
WITH  
COACH GALLAGHER  
(JV GIRLS COACH @ BRIDGEWATER RAYNHAM)**



PLACE: BERKLEY MIDDLE SCHOOL GYM  
DATE: AUGUST 1ST – AUGUST 5TH TIME: 8AM TO  
12PM  
OPEN TO BOTH BOYS AND GIRLS GRADES 5-8

- 5 DAYS OF CAMP FOR 4 HOURS A DAY
- MULTIPLE SESSIONS OF DRILLS, SKILLS, AND GAMES
- CAMP T-SHIRTS AND BOTTLED WATER WILL BE PROVIDED BUT WE WILL NOT BREAK FOR LUNCH
- WE HAVE LIMITED SPACE, FIRST COME FIRST SERVE.
- CAMPERS FEE IS \$200 EARLY REGISTRATION, \$225 AFTER 7/8/22
- (ASK FOR FAMILY DISCOUNT FOR SIBLINGS)
- DEADLINE TO SIGN UP IS 7/29/22 OR UNTIL CAMP IS FULL
- ON THE BACK SIDE OF THE FLYER YOU CAN FIND A DETAILED DESCRIPTION OF A TYPICAL DAY AT CAMP
- IF INTERESTED OR YOU HAVE ANY QUESTIONS PLEASE CONTACT ME VIA EMAIL AT [JOHNNY3313@MSN.COM](mailto:JOHNNY3313@MSN.COM). I WILL THEN ASSIST YOU

# SKILLS FOR HOOPS CAMP

## A Little bit about camp:

- Camp is run 4 hours a day for a week Mon-Fri the week of August 1st
- It is a skills-based camp where we will work on a different basketball skill every day with a series of drills
- On Monday the first day of camp we will do a series of drills so that I can get a basic idea of the skill level of our campers. The campers will be placed in teams on Tuesday morning and be given a t-shirt based on their teams.
- Campers will play live games from 10:45-12:00 every day in their teams
- Here is a basic layout of what a typical day will look like at camp

**8:00-8:15: Shoot around and sign in**

**8:15-8:30: Stretch and talk about the day's activities**

**8:30-9:00: Agilities- Campers will rotate through stations where they will work on foot speed and core strength (very basic I just want to introduce these important aspects of the game as they get ready for the high school level in the coming years)**

**9:00-10:45: Skill of the Day- we will go through a series of drills/games to work on the day's skill (ex. Ball handling, shooting)**

**10:45-12:00: Games**

- On Friday we will end camp with a tournament in their teams
- This camp is not affiliated with the Bridgewater Raynham Regional School District.