



KEARNY GIRLS' BASKETBALL CAMP



Camp Information

Place: Kearny High School Gym

Dates: July 11th - 14th

Time: 9:00 a.m. – 12 noon

Ages: 7-17 years-old

Age Groups: 7-9 / 10-12 / 13-17

Cost: \$80.00 (including a t-shirt and a basketball)

* Prizes will be given to competition winners, along with a free scholarship to next summer's camp

Camp Staff: Coach Jody Hill, Director along with other High School Coaches and College Players

Camp Features

Offensive & Defensive Stations (Daily Instruction)

- ◆ 6-8 intense stations each day designed to improve knowledge and skills
- ◆ Daily ball handling drills (including 2 ball drills with both hands)
- ◆ Shooting Technique/Shooting Drills
- ◆ Free Throw Shooting instruction

Basketball Games

- ◆ 5 on 5 full court games (one game per day)
- ◆ 3 full basketball courts are available

Competitions

- ◆ **3 on 3 Competition** with instruction including pass screen away, pass cut through, pass and replace, and discuss movement without the ball
- ◆ **1 on 1 Competition** with instruction including the importance of triple threat/jab series utilizing the dribble (avoiding over dribble)
- ◆ **Hot Shot Contest**

Other Activities

Individual Workouts: learn how to improve your game (1-hour workout for guards and posts)

11 Player Fastbreak Drill: this drill will teach you how to attack a fast break

Camp Release Form

Name: _____

Age: _____

Grade (entering in Sept.): _____

Address: _____

City: _____

Email address: _____

Phone #: _____

Emergency Phone #: _____

School: _____

T-Shirt Size (circle below):

Adult: S M L XL XXL

I release and discharge Kearny High School, camp workers, and employees from all action, suit, and demands, whatsoever in law or in equity including but not limited to the risk of injury from participating in camp and the risk of loss of personal property by theft or otherwise. I give permission to employees to treat injuries sustained at camp.

Guardian Name: _____

Guardian Signature: _____

Insurance Carrier: _____

Policy #: _____

Camp Payment Information

Make check payable to:

Jody Hill

Mail check and release form to:

Coach Jody Hill
18 Demarest Road
Livingston, NJ 07039

For further information, contact:

Jody Hill
Head Girls' Basketball Coach
(201) 401-2206



Kearny Lady Cardinals Basketball