



GIRLS Grades 7 to 10

SAINTS BASKETBALL CAMP

JULY 9th thru 12th

We expect all athletes to bring the following to the gym daily.

- Non-marking basketball sneakers
- A healthy lunch or snack (no soda allowed)
- A "can do", ready to make mistakes, teamwork attitude.

TIMES: 8:30A Check in to 2:30P Dismissal
(counselors in by 7:45A for early drop off if needed)

During the course of the 4-day camp week your aspiring athlete will be put through numerous fundamental drills to include offensive and defensive footwork, shooting and aggressive scoring drills, transition drills, game film, defensive and offensive schemes, confidence drills, competitive drills, controlled scrimmages and short lessons in character, teamwork and unselfishness. Guest coaches from the seacoast will bring in their favorite drills and speak of their pet peeves in the sport the love. Every day will bring new challenges and different views of the game of basketball.

Saints coaches and other guest staff from other area schools will instruct your athlete on many important fundamental aspects of being a good teammate and basketball player. We recommend SAINTS CAMP for athletes that need confidence in their abilities. **YOU DO NOT HAVE TO GO TO ST. THOMAS TO ATTEND THIS CAMP!** The routine and drill series are formatted to benefit all athletes. We want all of the athletes to get a true value from the camp while

COST: \$175
Multi-Camp
or Sibling
Discounts
Available!

There will be available staff for late pick up after 2:30P. Those stating after 2:30P may be afforded to shoot around but no instruction will be provided after 2:30P.



BOYS Grades 7 to 9

SAINTS BASKETBALL CAMP

AUGUST 13th thru 16th



TO REGISTER: Visit www.journeymanbasketball.com or call JP Sanborn @ 603.234.5553



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