



**PHOENIX SUMMER BASKETBALL
STRENGTH/ CONDITIONING
AND SKILLS CAMP
(BUILDING A BETTER BASKETBALL PLAYER)**



HILLCREST HIGH SCHOOL
1900 DAUPHIN RD, OTTAWA, ON, K1G 2L7
DAILY 9:45 AM- 3:30 PM
CAMP STARTS TUESDAY, JULY 4- AUG. 11, 2017

Player Name: _____
 Parent(s) Name: _____ Home Tel: _____
 Address: _____
 City/ Postal Code: _____
 Parents E-mail: _____
 Parent Cell: _____ Player Cell: _____
 Age and grade as of June 30, 2017: _____

Make check payable to: OTTAWA PHOENIX BASKETBALL

Mail to: Phoenix Summer Basketball Camp
1 Depper Place, Ottawa, Ontario, K1T 3L3
(613) 295-7842

For more information, e-mail: ottawaphoenixbb@gmail.com

THIS IS A COMPETITIVE INSTRUCTIONAL CAMP
FOR GRADES 7 TO 12, (11-18 YRS OLD)

COST PER PLAYER IS \$900 FOR FULL 6 WEEKS or \$200 per week
SPACE IS LIMITED REGISTER EARLY

CAMP WILL RUN EACH WEEK, FROM TUES., JULY 4 TO FRI., AUGUST 11, 2017

CAMP WILL CONSIST OF 4 HOUR INSTRUCTION SESSIONS

INSTRUCTION WILL BE PROVIDED BY QUALIFIED HIGH SCHOOL AND CLUB TEAM
COACHES AND ASSISTED BY PRESENT UNIVERSITY AND COLLEGE PLAYERS.

A TOTAL OF 60 PLAYERS WILL BE ACCEPTED, REGISTRATION IS ON A FIRST COME
FIRST SERVE BASIS

HIGHLIGHTS

- FREE CAMP T-SHIRT AND WATERBOTTLE
- PERSONAL INSTRUCTION
- INTENSIVE WORK ON FUNDAMENTALS
- TEAM COMPETITION
- INSTRUCTIONAL AND HIGHLIGHT FILMS
- WRITTEN EVALUATIONS
- INTRODUCTION TO STRENGTH AND BASKETBALL SPECIFIC TRAINING
- PARTICIPATION AWARDS

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