

Martin Luther King Jr. Day



“One Day” Basketball Camp



at

Our Savior New American School

140 Mark Tree Road, Centereach, New York 11720 (631) 588-2757

Monday, January 21, 2019

Come join Coaches Kelly Martin, George Holmes and Moo Holmes and others for expert training, great opportunities to improve your game, and lots of fun!

Elite Workout – 7:00 a.m. – 9:00 a.m.

This morning Elite Program is open to boys and girls in grades 7 and up. This program is designed for players who will be returning to their school team. We will be focusing on offensive skills and an hour of scrimmaging. ***The cost for this session is \$20 if paid on or before Monday, Jan. 14; \$30 if paid after Monday, Jan. 14.***

Basic Training Camp – 9:00 a.m. – 12:00 noon

This camp is designed for boys and girls in 2nd – 6th grade. Basic Camp emphasizes skill development and fundamentals, teaching of basic basketball principles, contests and game play. There will be an introduction of techniques to become a competitive player. ***The cost for this session is \$30 if paid on or before Monday, Jan. 14; \$40 if paid after Monday, Jan. 14.***

Advanced Training Camp – 12:30 – 3:30 p.m.

This camp is designed for boys and girls in 7th grade and up, advanced players, and varsity players. Advanced Camp emphasizes mastering the basics, as well as learning advanced basketball training techniques, skill development and game play. The importance of conditioning and strength training is demonstrated and encouraged. Important things coaches look for in try-outs will also be covered during this session. ***The cost for this session is \$30 if paid on or before Monday, Jan. 14; \$40 if paid after Monday, Jan. 14.***

Please contact us for more information and/or to register.

Robin Reade at (631) 786-5934 or (631) 588-2757 or rabareade@gmail.com
www.osnas.org http://www.osnas.org/athletics_camps/offsite/basketball_camps/

Please make checks payable to: *Our Savior Basketball Family*