

**MARK
VINCENT'S
SUMMER
INSTRUCTIONAL
BASKETBALL
CAMPS
AT
Key
Middle School**



**BOYS & GIRLS
7-15**

CAMP SESSIONS

___Session I-Instructional and Competition
Camp
July 26th-30th
Camp Hours are from 9 AM-4 PM
(Friday will end at 12:00 PM)
Camp tuition is \$200

___Session II-Instructional and Competition
Camp
August 2nd- 6th
Camp Hours are from 9 AM-4 PM
(Friday will end at 12:00 PM)
Camp tuition is \$200

Important Information

Mailing and Payment

**Please complete the application
and return with payment to:**

Coach Mark Vincent's Camps

4951 Brenman Park Drive, Suite 406

Alexandria, VA 22304

**If you have any questions regarding
our summer camps, please contact
Mark Vincent via e-mail at
markvincentbasketballcamps@gmail.com**

CAMP APPLICATION

NAME _____

PHONE _____

ADDRESS _____

E-MAIL _____

LEAGUE _____

TEAM _____

AGE _____ WEIGHT _____ HEIGHT _____

I hereby authorize the directors or counselors of
the Mark Vincent's Summer Camps to use their
use best judgment in any emergency requiring
medical attention.

Parent or Guardian's Signature _____

Cancellation Policy

**For any cancellations, Mark Vincent
must be contacted at least two
weeks before first day of camp to
receive a refund, unless there is an
illness to the camper or a family
emergency. Fifty dollar is non-
refundable.**

SHOOTING TOPICS

- SHOOTING TECHNIQUES AND MECHANICS
- BALANCE
- STANCE
- FLOW THROUGH
- FREE THROW SHOOTING
- SHOOTING ON THE MOVE
- SHOOTING OFF THE DRIBBLE
- MOVING WITHOUT THE BALL

FUNDAMENTALS TOPICS

- BALL HANDLING
- TRIPLE THREAT
- PASSING
- DRIBBLING
- SCREENING
- PIVOTS
- LAY-UPS
- JUMP-STOPS
- ONE-TWO STEP
- HAND TARGETS
- V-CUTTING

POST TOPICS

- AGGRESSIVE ATTITUDE
- TRIPLE THREAT
- GETTING OPEN
- CATCHING THE BALL
- SCREENING
- SCORING IN THE POST
- SEALING
- REBOUNDING
- POST DEFENSE
- FOOTWORK
- INDIVIDUAL DEVELOPMENT

GUARD TOPICS

- TRIPLE THREAT
- SHOT PREPARATION
- SHOOT FUNDAMENTALS
- FREE THROW SHOOTING
- SCREENING
- GETTING OPEN
- READING DEFENSES
- BALL HANDLING
- MENTAL APPROACH
- ZONE ATTACK
- INDIVIDUAL DEVELOPMENT

Camp Features

- *Air-conditioned Gym
- *Dynamic Instruction
- *League Play
- *10:1 Camper to Staff
- *Camp T-shirt
- *Written Evaluation
- *Guest Speakers (local college coaches/players)

Discounts

- \$25 for Early Registration before April 15th
- \$10 for each Sibling
- \$10 for a Multi-Camps

Daily Schedule

Warm-up	9:00-9:15 AM
Strength/Speed/Agility	9:15-9:45 AM
Fundamentals	9:45-10:15 AM
Offensive Breakdown	10:15-11:15 AM
Defensive Breakdown	11:15-11:45 AM
Shooting Segment	11:45-12:15 PM
Lunch	12:15-1:00 PM
Guest Speaker/Lecture	1:00-1:45 PM
1 on 1	1:45-2:00 PM
3 on 3 League	2:00—2:15 PM
5 on 5 Games	2:15-4:00 PM
Dismissal	4:00 PM

Food and Beverages

Concessions will be sold throughout the day. Pizza will also be sold during lunch time. However, campers must bring their own lunch if they don't order pizza.

Camp Organization

Players will be divided into group by gender. The boys and girl campers will be in separate gyms. Also campers will be grouped by age, size, and skill level.

