

**APPLICATION FORM**  
**(PLEASE CIRCLE SESSION OF PARTICIPATION)**

Dates:                   **July 19-23**  
                              **Session 1 9:00=12:00**  
                              **Session 2 12:30-3:30**

Name-----

**Grade**-----

**Address**-----

**Cell#** -----

**E Mail**-----

I hereby approve of my child's attendance at the Box-Out Basketball Camp and certify that she is in good health and able to participate in the program. I authorize that the director act for me according to his best judgment in any emergency requiring medical attention.

I acknowledge that at the Box-Out Camp my daughter will participate in a sport that may involve physical contact with other persons or objects including the court. I specifically waive and give up and release the camp and its staff from liability for any claim for damages which my daughter may sustain in camp.

**PARENT/GUARDIAN:** \_\_\_\_\_


Return application/deposit to:

Coach Albanese  
238 Oakridge Road  
Hillsdale, NJ 07642  
201-327-8700, ext. 301 (school)  
201-664-0582 (home)  
Email: BOXOUT15@AOL.COM

**2010**

***CONTROL THE BOARDS***

***CONTROL THE GAME***



***BOX-OUT  
BASKETBALL CAMP  
FOR GIRLS***

***AT NORTHERN HIGHLANDS***

***JULY 19-23  
2 Sessions  
9:00-12:00  
12:30-3:30***

***GRADES 4 TO 9***

# FUNDAMENTALS OF BASKETBALL

A NOTE FROM...

COACH AL ALBANESE,  
VARSITY BASKETBALL HEAD COACH  
AT NORTHERN HIGHLANDS

THANK YOU FOR CONSIDERING THE **BOX-OUT**  
FUNDAMENTALS CAMP AT NORTHERN HIGHLANDS.

THE CAMP IS A LEARNING CAMP FOR GIRLS WHO  
WANT TO IMPROVE ON THE FUNDAMENTALS OF THE  
GAME OF BASKETBALL. THE CAMP IS RUN BY MYSELF AND  
VARSITY PLAYERS

THE **BOX-OUT** FUNDAMENTAL CAMP IS A TEACHING  
CAMP. EVERY PLAYER GETS THE SAME INDIVIDUAL  
ATTENTION. ALL PLAYERS WILL LEAVE THE CAMP WITH  
A GREAT ATTITUDE, INCREASED SKILL LEVEL,  
A BETTER KNOWLEDGE OF THE GAME, AND READINESS  
TO PLAY BASKETBALL AT THE NEXT LEVEL.

THE **BOX-OUT** CAMP IS OPEN TO ALL GIRLS GRADES 4  
THROUGH 8. WE WILL TEACH THE FUNDAMENTALS  
OF ALL POSITIONS BOTH **OFFENSIVE** AND **DEFENSIVE**.

THE **BOX-OUT** CAMP:  
WILL RUN THE WEEK OF JULY 19-23 OFFERING 2 SESSIONS  
COURT SESSIONS WILL COVER **CONDITIONING**, **INDIVIDUAL**  
AND **TEAM DRILLS**, **ONE-ON-ONE** BUILDING UP TO  
**FIVE-ON-FIVE**. **SPORTSMANSHIP** AND  
**LEADERSHIP RESPONSIBILITIES** WILL BE STRESSED.

HERE'S WHAT IS EMPHASIZED...

## CONDITIONING

- Running – sprints quickness – building endurance for that 4<sup>th</sup> quarter

## OFFENSE

- Dribbling – head up see the court
- Passing – bounce, chest, skip – baseball
- Shooting – proper form – squaring to the basket – lay-ups – foul shots – inside moves to the basket – outside shooting
- Screening – setting – pick and roll
- Moving without the ball – one person on the court has the ball – others must move without the ball
- Cutting – V-cut – back door
- Triple threat position
- Fast break – running your lanes rebound- outlet pass
- Forwards and guards play

## DEFENSE

- Proper stance and footwork
- Man-to-man pressure
- Ball pressure – always see ball
- Weak side help
- Box-Out
- Trapping
- Zone defense

Incorporated in all drills are:

**Hustle**

**Hard Work**

**Aggressiveness**

Never Give-Up Attitude

## ABOUT THE BOX-OUT CAMP...

### TUITION

Each camp will be \$175.00. Per session A 85.00 deposit is due with an application. By July 14th Both sessions will be 300.00 All camp fees can be paid in full with application. All deposits are non refundable

### APPLICATION

No player will be accepted unless the application is signed by parent or legal guardian.

### CAMP SHIRTS

All players receive a camp shirt or carry bag

### TYPICAL DAY

- Warm-up – running – sprints
- Lecture and demonstration of fundamentals we want to accomplish
- Break Down Drills
- Individual Moves
- Offense
- Defense
- Guard Play
- Forward Play
- Games – 3 on 3 – 4 on 4- 5 on 5
- Contests, Prizes
- Foul Shots
- Last day of each session (**PIZZA**)

**WATER IS AVAILABLE ALL DAY.**