

Introduction

This year's camp is as usual for boys & girls who want to compete in the sport of basketball. Using his advanced coaching style, and working with Cambridge Cats Basketball Club, CATS Camp was created to provide opportunities for Boys & girls to develop their skills and be exposed to the National League and the potential college scholarships. Entering its 3RD year, many campers have taken advantage of the CATS Camp experience, and the tradition continues to grow.

The success and longevity of the CATS Camp program relies on a winning combination of individual instruction and team challenges held in a positive learning environment.

For a player to become the best,

Schedule

This year's camp will run for five days in mid August.

The first four days begin at 9:30 am and end at 4pm. Campers are divided into age and ability groups. Friday: 9:30am to 5:00pm competition day.

A typical daily programme includes drills, stations, competitions and technical improvement. Coaching focuses on the development of fundamental skills including ball handling, passing, dribbling, shooting, and offensive and Man-to-man defensive fundamentals. Campers can put these skills into practice in matches, competitions and tournaments. Positive attitudes and hard work are encouraged.

In this year when the North Carolina Tar Heels took the NCAA championship, we will look at the North Carolina Defensive Numbering system, you will learn man-to-man defense and the five points of emphasis as taught by Coach Roy Williams including the 20-30 and 40 numbering system that will help develop you man to man defense.

Designed for players of all levels from lower intermediate to elite, boys and girls aged 10 to 21 years from in and around Cambridge on their own or with their friends or with their family or their team, The Cambridge Basketball Camp cover all the key development areas that every player needs to succeed in the game.. Our experienced, qualified coaches will push you hard during the week to ensure you progress over the Basketball Summer Camp, while also putting plenty of emphasis on having fun so don't be surprised if you make new friends within minutes of arriving.

Staff

The coaches are selected, firstly for their dedication to the development of basketball, but also for their ability to ensure that each camper has maximum enjoyment. Every coach is qualified to Level II and above and is CRB checked.

Camp Philosophy

The philosophy of the camp is very simple: the whole idea is to ensure that boys and girls aged between 10 and 21 have lots of fun and learn the fundamental skills of basketball. Campers are put into groups based ability when learning skills and playing games, however there will be a great deal of interaction between the older and younger campers throughout the week, which will help the older camp members to develop there own coaching skills.

Explorer 10 –13 Explorers will discover creativity, sportsmanship, and individuality while learning in a fun and friendly environment

All Stars 13- 15 Ccampers will develop skills, game strategies and techniques while gaining a general understanding in a variety of 1 v 1 situations. Every day of the week, additional fundamentals are introduced and practiced. The athletes will concentrate on teamwork as the week culminates with "Super Star Friday", and the Tournament of Champions.

NBA 15 -21 campers will focus on progressive instruction through the week. Skill development is closely monitored through a low camper to coach ratio.

Campers enjoy daily games under close supervision, putting moves into action as they are learned. The week concludes with spirited competitions where all the practice pays off as campers get to show off their newly refined skills on the court.

Application Form
CATS CAMP 10 – 14 August 2009
Annual Cambridge Cats Basketball Camp
Perse Boys School
Hills Road, Cambridge

Please Print details

Camper's Name.....

Date Of Birth.....

Address.....

.....

Home Phone.....

Email.....

School/College.....

Emergency Contact.....

Emergency Phone.....

Medical Conditions/Allergies.....

For Parents: I give permission for my child to attend Cats Camp 2009 at the Perse Boys School and give my authorization to the camp director to act on my behalf in an emergency. I grant permission for my child to be treated by a doctor/hospital staff in the event of an emergency. I also grant permission for controlled use of photo's/video's taken at the camp for publicity purposes.

Signed.....

Date.....

Send this application form and your cheque for either

£79 (primary school) or

£89 (Secondary school/college)

Contact the club for family rate.

to:

CATS CAMP

Cambridge Cats Basketball Club

40 Maryland Avenue, Swaffham Bulbeck,

Cambridge CB25 0LT

Please make cheque's payable to
"Cambridge Cats Basketball" with Camp written on
reverses.

ADDITIONAL INFORMATION

CANCELLATIONS

Any deposits paid will be refundable up to the **1st July 2009** and are refundable thereafter on receipt of a doctor's note in the event of an injury.

Discipline

Discipline is one of the most important aspects of camp life so any serious violation such as physical abuse and damage to sports centre property, disrespect to coaches or fellow participants will be considered detrimental to the group and will result in immediate dismissal from the camp.

If a member of the group is dismissed or voluntarily withdraws from the camp there will be **NO REFUND**.

Food & Drink

All young Athletes should eat properly and during a hectic day playing basketball the young people will use a lot of energy. Campers should bring an energy enhanced packed lunch and plenty of water.

Facility

CATS CAMP will be held at **The Perse School Hills Road, Cambridge**. The sports hall at the Perse is an excellent facility, arguably the best in Cambridge. The hall comprises of two almost full size basketball courts on a cushioned floor with the main full size court through the length of the hall and there are eight shooting rings.

There is ample male and female changing facility with a balcony area for any parent to be a spectator or just pass the time catching up with others.

Come and play... you'll love it!

DAILY SCHEDULE

Each morning campers are placed into ability groups and will practice at stations, the stations are aimed at improving fundamental skills.

Monday to Thursday 9:30am - 16:00pm

09:30 Arrive

10:00am Start

10:00am - 11:30am Stations

11:30am - 11:45am Beat the Coach Competition

11:45am - 12:45pm Ability based competitions groups (FT's, Hot Shot, Lay-ups etc)

12:45pm - 1:45pm Lunch

After lunch the coaches will continue to provide advice on techniques and tactics. Matches team games competition and positional play are scheduled for this period

1:45pm - 2:45pm Ability based 3v3 tournament

2:45pm - 3:45pm 4v4 or 5v5 tournament

3:45pm - 4:00pm close down.

Friday 9:30am to 17:00pm

Friday will be tournament day and the opportunity to put the weeks work skill and tactics into competitive games. The week will end with a mixed ability final followed by awards for the week.

To secure your place on CATS CAMP 2009 complete the application form and send it with your cheque for **£79 (primary school)**

£89 (Secondary school/college)

CATS CAMP 09

Cambridge Cats Basketball Club

40 Maryland Avenue

Swaffham Bulbeck

Cambridge

CB25 0LT

Please write "Camp" on the back of your cheque

When you have paid your fees you will receive confirmation of your place on the camp.

INCENTIVES

Expert tuition and the opportunity to develop new skills while creating new friendships and associates.

Free CATS CAMP 2009 T-Shirt/training vest

Prizes and awards for achievement with the top prize being awarded to the camper of the week

The criteria for the camp prizes are set and the winner of the main prize will go to the camp attendant who in the eyes of the camp director and assisting coaches has :

1 Worked hard through the week

2 Displayed genuine potential and desire

3 Will be a good ambassador for CATS CAMP and Cambridge Cats Basketball Club

The camp director reserves the right to change the conditions of the prizes in the event of unforeseen circumstances