

Ages 9-17

PAVILION  
July-August 2012

# VARSITY HOOPS SKILLS CAMPS

## BIG MAN CAMP

No basketball team has been successful at any level without at least one dominant "Big Man." Come join other power forwards and centers as you're led through practice drills to improve your strength, conditioning, agility, and technique. You'll gain an understanding of what it takes to play the "Big Man" position, as well as how to be effective at scoring and defending around the basket.

<b>9-12 years (Grades 4-6)</b>	9:30 - 11:30 a.m.	7/23/12-7/27/12	291105
<b>13-17 years (Grade 7-12)</b>	1:30 - 3:30 p.m.	7/23/12-7/27/12	788101

## SHOOTING CAMP

Everyone wants to score points for their team, but they often don't know how to practice shooting correctly or what drills to focus on. This camp equips you with a practice routine guaranteed to help you find success at scoring and becoming an offensive threat. Players will fine-tune their technique with concentrated repetition and simulated game conditions, practicing shots from game spots at game speed. The Shoot-A-Way machine and other top level training tools are used to maximize results.

<b>9-12 years (Grades 4-6)</b>	9:30 - 11:30 a.m.	7/16/12-7/20/12	539107
		8/13/12-8/17/12	539108
		8/20/12-8/24/12	539109
<b>13-17 years (Grade 7-12)</b>	1:30 - 3:30 p.m.	7/16/12-7/20/12	789102
		8/13/12-8/17/12	789103
		8/20/12-8/24/12	789104

## BALL HANDLING CAMP

Improve your fundamentals and get ready to play at the next level. Strengthen your off hand, develop your passing ability and court vision, and learn the mental aspects that you need to lead your team. You'll learn how to improve handling the ball under pressure, during traps, and double teams. You'll also come away knowing how to create more assists and lower your team's turnovers as you learn the types of passes to throw under various conditions.

<b>9-12 years (Grades 4-6)</b>	9:30 - 11:30 a.m.	7/9/12-7/13/12	464106
		8/6/12-8/10/12	464107
<b>13-17 years (Grade 7-12)</b>	1:30 - 3:30 p.m.	7/9/12-7/13/12	787102
		8/6/12-8/10/12	787103

**Monday-Friday (5 day camps)  
Intermediate-Advanced Level**

**\$100 (M), \$120 (NMCM), \$140 (NM)  
Pavilion, NCAA Court #1**

*PREREQUISITE: Must have AAU or Select experience, or advanced skill based on age to qualify.*

**Sign up today at the Concierge Desk, or call (425) 885-5566.**  
For more information, please e-mail: pavilion@proclub.com.

**PRO**  
Sports Club

Updated: 2/1/2012