



BSS Basketball Camp Itinerary and Tips

Monday through Thursday - will all contain variations of the below list, but in a different order to keep the players engaged. Depending on the mood of the gym we may slip in a fun shooting competition or stop all full court games to cover a defensive concept that everyone needs to understand before moving forward.

Daily Discussion & Attitude Setting	Daily Contest Individual & Team Contest
Warm-ups & Strength Training	Daily Teaching of each Phase of the Game
3 on 3 Tournament	Offensive Moves Drills
5 on 5 Games	Rebounding & Passing Drills
Shooting Instruction, Drills & Competition	10-minute Break / Snack Session
Dribbling Drills	Constant Focus on to increasing Confidence & Competitiveness

Championship Friday – will be a “whole notha level” of focus and intensity! Parents are invited to attend any or all parts of our 5-day basketball camps, but Championship Friday is when we would really like for them to fill up the stands. The 1st hour will be spent with the Coaches reminding the players of everything they learned during the week through discussions, drills, etc... Starting at 10am (2pm for pm sessions) with our 3 on 3 Championship Tournament and 5 on 5 Championship Games! We then move right into our Championships of individual and team competitions. Followed by a dribbling display and a player favorite “buzzer beater” games! The last 30 minutes of the camp will be our Championship Awards Ceremony and a very important Life Speech that the players must hear!

Tips / Notes

- Balls - Don't bring a basketball to camp. All players will take home their Official Camp Basketball on Friday of their last week in attendance.
- Drop Off/Pick Up – you can drop off your player as early as 30 minutes prior to the start of camp. Please have them picked up as soon as you can to the end time of camp. We will probably start calling you after about 20 minutes.

- Entry Points – on Monday we will have everyone enter the hallway on the Hope Street side of school right next to the gym. This is so we can get everyone checked in correctly. All other days we will enter the gym door which is also on the Hope Street side of the school.
- Daily Dress – basketball shoes, athletic socks, shorts and a comfortable athletic shirt. No hats or jewelry. The BSS is not responsible for lost or stolen items. Put a name on anything that might be lost.
- Drinks – water fountains are available. We will be getting after it for 4 hours per day. You may want to bring a cold drink with your name on it. We will be selling Gatorades for any players that want to purchase or forget their drink for \$1 each.
- Snacks – make sure your player has a good meal before coming each day. We will have a snack break each day if they want to bring something light to eat. We will also offer something light (snickers) for \$1 if anybody would rather purchase or forgot their snack.
- Crazy Sock Day - Wednesday is Crazy Socks Day. Just wear something silly looking. Don't go spend money on this. Find some baseball socks or something scary out of Dad's drawer.
- Daily Winners – we will have 1 Dry Erase board in the gym that will list all of our daily winners. Those players will win the right to compete on Championship Friday in that particular competition! We will have different awards for each competition champion and player grouping!
- Questions – we will be moving fast and furious from Monday morning all the way through the 2 weeks of camp. It will be a lot of fun for all! However, things come up. If you any questions or want the coaches to know about your players concerns about anything. We want to know! Please reach out to Coach Darren at 208-304-9140. We will do anything possible to make your players week as special as possible!