

# CAMP REGISTRATION

CAMPER'S LAST NAME, FIRST NAME

CITY

PHONE:

ATTENDING:

" AUG. 9-13 " AUG. 16-20 " Both Weeks

" MALE " FEMALE

T-SHIRT SIZE S M L XL (CIRCLE ONE)

AGE AT CAMP

SCHOOL:

GRADE:

HEALTH CARD #

## GUARDIAN INFORMATION

NAME OF GUARDIAN

ADDRESS

CITY

PHONE

ALTERNATE PHONE

## Typical Daily Schedule

8:45– 9:05 ATHLETE ATTENDANCE, HIGHLIGHTS OF PREVIOUS, AND UPCOMING DAY. MORNING WARM-UP AND STRETCHING .

9:05 – 11:00 STATION WORK – ATHLETES WILL BE INSTRUCTED ON THE FUNDAMENTAL SKILLS OF BASKETBALL (EX. SHOOTING, DRIBBLING, PASSING, LAY-UPS, REBOUNDING AND DEFENSE) BY OUR EXPERIENCED COACHING STAFF.

11:00 – 11:30 BASKETBALL ACTIVITIES – 2 BALL, BUMP, FOUL SHOOTING CONTEST, 1 ON 1 COMPETITION .

11:30 – 11:45 GUEST SPEAKER – TOPICS INCLUDE:  
 BEING ON A TEAM AND LEADERSHIP  
 IMPORTANCE OF NUTRITION AND STRETCHING  
 DRILLS YOU CAN USE AT HOME  
 CHALLENGING YOURSELF, GOAL SETTING.

11:45 – 12:30 SUPERVISED LUNCH WITH THE COACHES.

12:30 – 2:00 PUTTING SKILLS INTO ACTION –  
 BASKETBALL GAMES – ATHLETES WILL PLAY 2 GAMES EACH AFTERNOON, EQUAL PLAYING TIME IS STRESSED .

2:30 DISMISSAL FROM NOTRE DAME HIGH SCHOOL

- ATHLETES ARE EXPECTED TO PROVIDE THEIR OWN TRANSPORTATION TO AND FROM NOTRE DAME HIGH SCHOOL.
- THE SCHOOL WILL BE OPEN AT 8:30 A.M. AND CLOSE AT 3 P.M.
- ANY QUESTIONS OR CONCERNS WILL BE ADDRESSED BY:

SHAWN O'HARE AT 905-686-4300 (EXT. 6922)  
PAT COSTELLO AT 905-427-2866 (EXT. 6226)

WEBSITE  
<http://ca.geocities.com/cougarbballcamp/index.htm>

## COUGAR BASKETBALL CAMP

AUGUST 9-13  
August 16-20

NOTRE DAME  
HIGH SCHOOL  
AJAX



**FOR BOYS AND  
GIRLS AGES 8  
TO 14 YEARS**

*SANCTIONED BY  
BASKETBALL  
ONTARIO*

# Camp Philosophy

**T**HE COUGAR BASKETBALL CAMP IS COMMITTED TO TEACHING FUNDAMENTAL BASKETBALL SKILLS AND A BETTER UNDERSTANDING OF THE RULES AND BASIC STRATEGY OF THIS TEAM GAME.

## Camp Coordinators

### SHAWN O'HARE

- q Current head coach – Notre Dame Sr. Boys' basketball, Ajax
- q Head Coach of the 2001-2002, 2002-2003 L.O.S.S.A. Champions
- q N.C.C.P. Level 2 basketball coaching certification.
- q Physical and Health Education Chair at Notre Dame High School

### PATRICK COSTELLO

- q Current coach – St. Patrick Boys' Basketball, Ajax.
- q 11 years coaching experience in Ajax elementary level.
- q Coach of 6 city championship teams, 1 Durham Regional Champion and 4 time Durham Region Silver medalists.
- q First team all-city player at F.J. Brennan HS, Windsor, Ont.



# Coaching Staff

### STEVE KINAHAN

- q 14 years coaching experience at the elementary level.
- q Head coach of 4 city champions in Ajax, also 1 Durham Regional Championship.
- q Involved in coaching both boys and girls teams in Ajax area for past 13 years.

### ELLEN SULLIVAN

- q Current Head Coach of the Sr. Girls' basketball team at Notre Dame (2002-2004).
- q Coach of the Sr. Girls' team at Trafalgar Private Girls' School (1999)
- q Durham All-Star at St. Mary's High School

### KEVIN MACDONALD

- q Current head coach – St. Patrick Girls' Basketball Team
- q Coach of 2 city championship teams and 1 Durham Region Silver Medal Team
- q 13 years teaching experience in Ajax Elementary level.

### KIM ARNOLD

- q Current Head Coach of the Senior Boys' Basketball Team at John XXIII
- q Instructor at Trent Sports Camp—2000-2001.
- q Coach of Peterborough OBA Under 12 Boys basketball team.

### MIKE GOFF

- q Current coach of St. Patrick Boys' Basketball team
- q 11 years coaching experience in Ajax elementary level.
- q Coach of 6 Ajax City Championship teams.

### AMANDA WEBB

- q All-star H.S. basketball player in Port Perry.
- q Phys. Ed. Degree from Brock University
- q N.C.C.P. Level 1 Coaching Certificate

Also scheduled to appear: Roy Rodrigues

- q 17 years coaching experience at the high school level.

# CAMP REGISTRATION

*To ensure quality instruction, each Camp will have cap of 80 participants.*

Participant(s) per Family	<u>REGISTRATION FEES</u>	
	1 Week	Both Weeks
1 Member	\$145	\$260
2 Members	\$260	\$500
3 Members	\$375	\$720

*Cheques payable to Cougar Basketball Camp. Each participant will receive a Camp t-shirt, medallion and basketball.*

### REGISTRATION DATES:

- q May 19 from 6:30-8:00
- q May 25 from 6:30-8:00
- q June 9 from 6:30-8:00
- q June 15 from 6:30-8:00

**BIRTH CERTIFICATE NEEDED UPON REGISTRATION.**

**YOU WILL HAVE THE OPPORTUNITY TO MEET THE CAMP COORDINATORS AND VIEW THE FACILITIES AT THIS TIME .**

