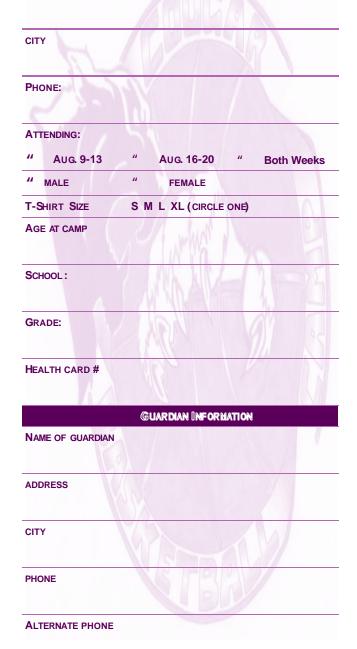
CAMP REGISTRATION

CAMPER'S LAST NAME, FIRST NAME



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:
 - **G** BEING ON A TEAM AND LEADERSHIP
 - **Q** IMPORTANCE OF NUTRITION AND STRETCHING
 - **ORILLS YOU CAN USE AT HOME**
 - **Q** CHALLENGING YOURSELF, GOAL SETTING.
- 11:45 12:30 SUPERVISED LUNCH WITH THE COACHES.
- 12:30 2:00 PUTTING SKILLS INTO ACTION -
 - **Q** BASKETBALL GAMES ATHLETES WILL PLAY 2 GAMES EACH AFTERNOON, EQUAL PLAYING TIME IS STRESSED.
 - 2:30 DISMISSAL FROM NOTRE DAME HIGH SCHOOL
- **Q**ATHLETES ARE EXPECTED TO
PROVIDE THEIR OWN
TRANSPORTATION TO AND FROM
NOTRE DAME HIGH SCHOOL.
- **q** THE SCHOOL WILL BE OPEN AT 8:30 A.M. AND CLOSE AT 3 P.M.
- **q** 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)

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

AUGUST 9-13 August 16-20

NOTRE DAME HIGH SCHOOL AJAX

CAMP



FOR BOYS AND GIRLS AGES 8 TO 14 YEARS

SANCTIONED BY BASKETBALL ONTARIO

Camp Philosophy

HE COUGAR BASKETBALL CAMP IS COMMITTED TO TEACHING FUNDAMENTAL BAS-KETBALL SKILLS AND A BETTER UNDER-STANDING 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

<u>STEVE KINAHAN</u>

- ${f q}$ 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.

<u>Ellen sullivan</u>

- **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.

<u>Kim Arnold</u>

- **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	REGISTRATION FEES	
	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 .

Notre Dame HS

