

Goal:

Our camp is designed to prepare each camper for their upcoming basketball season at St. Charles. The camp will develop individual skills, but it will also place special emphasis on fundamentals, team concepts, and good sportsmanship. Our objective is to prepare each player to set goals in order to reach his potential in becoming the best player he can be, while also preparing them for what the St. Charles Basketball program is all about. The camp day will begin with the gym opening no later than 30 minutes prior to start time. Promptly at start time, the coaches will take attendance. Warm-up, small group instruction, and program foundation will follow each day.

Necessary Equipment:

The players should bring plenty of socks, basketball shoes, shorts, a reversible jersey (if you have one), and a water bottle. Short breaks are part of our scheduled day.

Defensive Fundamentals Covered:

- Guarding the ball
- Help defense
- Post defense
- Defending screens
- Team defensive principles
- Rebounding
- Footwork

Offensive Fundamentals Covered:

- Shooting - correct form, fakes
- Ball handling
- Rebounding
- Post moves
- Passing
- Scoring moves
- Motion offense

Registration:

Name of Camper: _____

Contact Phone: _____

Email address: _____

Address: _____

City, State, and Zip: _____

Name of Middle School: _____

Freshman Camp: (cost \$50)

Please make all checks payable and mail to:

*St. Charles Basketball Camp
Attn.: Mike Ryan
2010 E. Broad Street
Columbus, Ohio 43209*

Phone: (614) 943-1844 (Mike Ryan)

Email: mryan@scprep.org

Parent Release:

I certify that: my son understands and agrees to conform to the rules and regulations of the camp, and my camper is current on his yearly physical. In addition, I allow the camp staff to act for me according to their best judgment in any emergency situation.

Parent/Guardian Name: _____

Parent/Guardian Signature _____

**St. Charles Cardinals
Freshman Basketball
Camp
2021**



**June 8th & 10th, 2021
1:00-3:00pm**

**Central Catholic League
Champions
2020, 2021**

**D1 District Champions
2017**