

# WOTN 2012 Summer Camps



## **WEAR OUT THE NET** BASKETBALL ACADEMY

Our philosophy at Wear Out The Net Basketball Academy is a belief that it takes a combination of skill development and game play to make the complete basketball player. Our goal is to inspire you to become a better basketball player by offering mini camps with a format to ensure play throughout the summer. Make the weekly commitment to join a 3 on 3 league, sharpen your skill development, learn to master post and perimeter play, gain basketball strength and focus on becoming a better shooter. Each week you will leave with drills to help you achieve fundamental skills by incorporating what you learn into daily practice time. Sign up NOW to play on a regulation size wood basketball court with top -notch Minnesota coaches in a small group setting and start Wearing Out The Net! Keep your off season on the court!

### **3 on 3 League-\$150 per team (Five 90 minute Sessions)**

#### **\*Competitive league**

- |                          |                                |
|--------------------------|--------------------------------|
| -Give and go cuts        | -On the ball defense           |
| -Screen away             | -Off the ball defense          |
| -Ball screens            | -Defending the screen and roll |
| -Moving w/out basketball | -Team defensive principles     |

### **Skills Camp -\$125 (Five 90 minute Sessions)**

#### **\*Fundamentals, leagues and contests**

- |                             |  |
|-----------------------------|--|
| -Footwork                   | -Passing   |
| -Ball handling              | -3 on 3 league                                   |
| -Fundamentals of shooting   | -Individual work out program                     |
| -Individual offensive moves | -Fast break league                               |
| -Individual defensive moves | -Drills to make you a complete basketball player |

### **Guard/Post Breakdown Camp-\$125 (Five 90 minute Sessions)**

#### **\*Full court game conditions/scrimmages**

- |                            |   |
|----------------------------|---|
| -Low post moves            | -Ball handling/dribbling vs. defensive pressure |
| -Post defense              | -Attacking the defensive player                 |
| -Rebounding techniques     | -Perimeter individual defense                   |
| -Footwork                  | -Passing to the post area                       |
| -Setting and using screens | -Creating shooting opportunities                |

### **Become a Shooter and Scorer Camp -\$150 (Ten 60 minute Sessions)**

~Three station format (one hour of shooting = 500 game shots!)

~Warm up will include form shooting and fundamentals of the shot.

Station One: Shooting drills using the Dr. Dish Shooting Machine

Station Two: Attacking the basket using a series of chair drills

Station Three: Shooting off screens/Zone shooting drills

\*EACH PLAYER WILL ROTATE AT EACH STATION DURING THE ONE-HOUR SESSION.

(Place an "x" by the camp(s) you are registering.)

**Grades going into 2012-13**

**NEW: 3 ON 3 LEAGUE MONDAYS~\$150 PER TEAM/SESSION**

**\*\*\*\*\*BRING YOUR 3 ON 3 TEAM: BE READY TO COMPETE!\*\*\*\*\***

**Session #1: BOYS AND GIRLS**

Dates: Five Mondays  
(6/11, 6/18, 6/25, 7/2, 7/9)  
\_\_\_\_ 4<sup>th</sup>-6<sup>th</sup> Girls (8:30-10:00am)  
\_\_\_\_ 4<sup>th</sup>-6<sup>th</sup> Boys (10-11:30am)  
\_\_\_\_ 7<sup>th</sup>-9<sup>th</sup> Girls (12-1:30pm)  
\_\_\_\_ 7<sup>th</sup>-9<sup>th</sup> Boys (1:30-3pm)

**Session #2: BOYS AND GIRLS**

Dates: Five Mondays  
(7/16, 7/23, 7/30, 8/6, 8/13)  
\_\_\_\_ 7<sup>th</sup>-9<sup>th</sup> Boys (8:30-10am)  
\_\_\_\_ 7<sup>th</sup>-9<sup>th</sup> Girls (10-11:30am)  
\_\_\_\_ 4<sup>th</sup>-6<sup>th</sup> Boys (12-1:30pm)  
\_\_\_\_ 4<sup>th</sup>-6<sup>th</sup> Girls (1:30-3pm)

\*Complete Team 3 on 3 form with registration.

**Skills Camp~\$125 per session**

**\*\*\*\*\*FOCUS ON THE FUNDAMENTALS OF BASKETBALL\*\*\*\*\***

**Session #3: (BOYS AND GIRLS)**

**Dates: Five Tuesdays**  
(6/12, 6/19, 6/26, 7/3, 7/10)  
\_\_\_\_ 3<sup>rd</sup>-6<sup>th</sup> Boys and Girls (12-1:30pm)

**Session #4: (BOYS AND GIRLS)**

**Date: Five Tuesdays**  
(7/17, 7/24, 7/31, 8/7, 8/14)  
\_\_\_\_ 3<sup>rd</sup>-6<sup>th</sup> Boys and Girls (9-10:30am)

**Guard/Post Player Breakdown Camp~\$125 per session**

**\*\*\*\*\*DEVELOPING YOUR INSIDE/OUTSIDE GAME\*\*\*\*\***

**Session #5: Guard and Post Players**

**Dates: Four Wednesdays**  
(6/13, 6/20, 6/27, 7/11)  
\_\_\_\_ 5<sup>th</sup>-8<sup>th</sup> Boys and Girls (8:30-10am)  
\_\_\_\_ 9<sup>th</sup>-12<sup>th</sup> Boys and Girls (10-11:30am)

**Session #6: Guard and Post Players**

**Dates: Five Wednesdays**  
(7/18, 7/25, 8/1, 8/8, 8/15)  
\_\_\_\_ 5<sup>th</sup>-8<sup>th</sup> Boys and Girls (8:30-10am)  
\_\_\_\_ 9<sup>th</sup>-12<sup>th</sup> Boys and Girls (10-11:30am)

\*Four sessions: \$100

**Become a SHOOTER and SCORER Camp~\$150**

**\*\*\*\*\*SHOOTING GAME SHOTS AT GAME SPEED!!\*\*\*\*\***

**Session #7: (Boys and Girls)**

**Dates: Ten Thursdays (NEW-Thursday Shooting Camp!)**

(6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16)  
\_\_\_\_ 7<sup>th</sup>-8<sup>th</sup> Girls (9-10am)      \_\_\_\_ 7<sup>th</sup>-8<sup>th</sup> Boys (10-11am)  
\_\_\_\_ 4<sup>th</sup>-6<sup>th</sup> Girls (11-12pm)      \_\_\_\_ 4<sup>th</sup>-6<sup>th</sup> Boys (1-2pm)  
\_\_\_\_ 9<sup>th</sup>-12<sup>th</sup> Boys and Girls (2-3pm)

Name \_\_\_\_\_ Grade (2012-13) \_\_\_ Gender M F

Address \_\_\_\_\_ City/Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Session #(s) \_\_\_\_\_ Total amount paid \$ \_\_\_\_\_

Camp T-Shirt Size (Adult sizes): S M L XL XXL \*Circle one size only

I authorize the directors of Wear Out The Net Basketball Academy to act for me according to their best judgment in any emergency requiring medical attention. Parent or Guardian's signature \_\_\_\_\_

Return registration to:  
Wear Out The Net Basketball Academy  
9913 214<sup>th</sup> Street West, Suite E  
Lakeville, MN 55044

Call or e-mail us for additional information:  
(952)469-5513

[wearoutthenet@frontiernet.net](mailto:wearoutthenet@frontiernet.net)

Make checks payable to: Wear Out The Net, Inc.  
\*Payment is non-refundable except for injury.

For office use only:  
Session # \_\_\_\_\_  
Paid check # \_\_\_\_\_  
T-Shirt size \_\_\_\_\_

# Wear Out The Net Summer Camp 2012

## **3 on 3 Basketball League Registration Form**

This five week summer 3 on 3 League offers an exciting, affordable opportunity to enhance individual and team skills. This format of basketball increases offensive skills (pick and rolls, give and go's, back door cuts, etc.) and defensive skills (individual and team defensive fundamentals) for each player as well as encourages teamwork through basic fundamental team play. These 3 on 3 skills will also be taught within the structure of the camp. Players will register as a team and will compete against other teams within the session.

REGISTRATION BY MAIL MUST BE FOR THE **ENTIRE TEAM – NOT AN INDIVIDUAL PLAYER**

**\*Each player will complete the summer camp registration form.**

Team

Name \_\_\_\_\_

Players Name	Shirt Size	e-mail Address	Grade 2012-13	Phone Number

**\*Please send one registration per team.(Maximum of five players per team.)**

Contact Name \_\_\_\_\_ Gender M F

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Session #(s) \_\_\_\_\_ Total amount paid \$ \_\_\_\_\_

\*Waiver release will be completed on the summer camp registration form.

Return registration to:  
Wear Out The Net Basketball Academy  
9913 214<sup>th</sup> Street West, Suite E  
Lakeville, MN 55044

**Make checks payable to: Wear Out The Net, Inc.**

\*Payment is non-refundable except for injury.

For office use only:

Session # \_\_\_\_\_

Paid Check# \_\_\_\_\_