

# SEAGULL HOOP CAMP

## DAILY FUNDAMENTALS

## CAMP PHILOSOPHY

The primary focus of this camp will be to have fun while playing basketball! Daily work will emphasize shooting, ball handling, passing, rebounding, and defense.

### Shooting -

- Proper Technique
- Footwork
- Shooting Routine
- Mental Preparation

Seagull Hoop Camp is designed to help each individual player learn the fundamental skills it takes to play the game of basketball. And to learn them while having fun! Whether your child is a beginner or a long time player, our emphasis on fundamental skill work will give your child a solid foundation and understanding of the game. Most of all, we hope the participants come away with a love of the game of basketball!

**Dates:** June 29th & 30th  
(Thursday, Friday)

### Ball Handling / Passing -

- Proper Technique
- Practicing with both hands
- Pump Fakes / Pivots
- Triple Threat

**Time:** 2nd-5th grades 9:00 – 11:00 am

6th-8th grades 11:30 – 1:30 pm

**Cost:** \$40 per player

### Defense / Rebounding -

- Proper Stance / Slide
- 1 on 1 Defense
- Help Defense / Talking
- Closing Out / Blocking Out
- Proper Rebounding Technique

### Daily Schedule:

1. Warm-Up Drills
2. Full Court Drills
3. Daily Fundamentals
4. Station Work
5. Games
6. Contests
7. Daily Prizes / Closing

### Individual Work -

- Post Moves
- Perimeter Moves

**Luther Weathersby - Head Coach**

**Everett Girls' Basketball**

**Phone: (425)319-2832**

**Email:**

**Luther.Weathersby@snoco.org**

**Bryce Levin - Head Coach**

**Everett Boys' Basketball**

**Phone: (425) 870-9020**

**Email: seagullhoops@gmail.com**



# REGISTRATION

Please Fill Out The Following Information and Bring with Check 1st day of Camp or Mail Information and Check payable to:

Seagull Hoop Camp c/o EHS Blue and Gold Club

2416 Colby Ave.

Everett, WA 98201

Name: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Grade Player is Entering: \_\_\_\_\_

T-Shirt Size: YM YL HS HM AL AXL

Assumption of Risk/Permission to Participate: (Please Read and Initial or Sign)

As parent/guardian of child requesting to register for participation in 2017 Seagull Hoop Camp sponsored by Everett Basketball, I hereby acknowledge that I have read, understood, and agree to the following:

I acknowledge that the sport of basketball entails many risks of injury, even when played in an instructional clinic environment. The risks of injury include, but are not limited to, any part of the body or possible death.

I further certify that my child has no medical or physical conditions which could interfere with his safety or another child in this activity, or else I am willing to assume all costs of all risks that may be created, directly or indirectly, by any such condition.

\_\_\_\_\_(Parent Initial)

Medical Information: The following health problems should be noted:

In case of an emergency, I wish the following person to be notified in case I cannot be contacted: \_\_\_\_\_

Phone: \_\_\_\_\_

Medical Release: In the event of an accident or illness, I understand that reasonable effort will be made to contact parent/guardian immediately. However, if I am not available, I authorize Everett Basketball to secure medical care as needed.

Name of Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Although I understand that Everett Basketball will make reasonable effort to provide a safe environment, I am fully aware of the special dangers and risks inherent in participating in this activity, including physical injury and/or death. Being fully aware I give

Parent/Guardian Signature: \_\_\_\_\_

(child) permission to participate.

Date: \_\_\_\_\_



**Come join the FUN!**

Call (425)870-9020 to sign-up today, or email

[seagullhoops@gmail.com](mailto:seagullhoops@gmail.com)

**EVERETT BOYS'  
AND GIRLS BASKETBALL  
2416 Colby Ave.  
Everett, WA 98201**

**Luther Weathersby - Head Coach  
Everett Girls' Basketball  
Phone: (425)319-2832  
Email: [Luther.Weathersby@snoco.org](mailto:Luther.Weathersby@snoco.org)**

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**EVERETT BOYS' AND GIRLS'  
BASKETBALL**

**SEAGULL  
HOOP CAMP**

**June 29th & 30th  
Entering Grades 2-8**



**It's not too late to register!**  
Registration/payment is  
accepted 1st day of camp