

**AHS Basketball Skills Camp**  
**June 25 - 29, 2012**  
**Location: American Heritage School**

If you are planning on trying out for the American Heritage Basketball team for the 2012 - 2013 season, here is your chance to improve your skills and improve your game. Camp will start Monday June 25 and end Friday June, 29. Each day there will be two sessions, morning and afternoon. The morning session will be from 10:00 a.m. to 12:00 noon, and the afternoon session will be from 1:30 p.m. to 3:30 p.m. The Skills Camp is only for boys that will be in the 7th - 12th grades during the 2012-2013 school year. The fee for the camp is \$50 per athlete.

Athletes will be taught the following skills:

- Shooting (free throws, 3 point shots, lay ups, under the basket)
- Defense (footwork, team concept)
- Passing (bounce pass, over-head pass, chest pass)
- Rebounding (offensive, defensive, boxing out)
- Team work
- Ball handling
- Attitude
- Dribbling (speed, right/left handed)

\*Please make payments to American Heritage School

To participate, we need to collect the following information from each participant (e-mail or submit to Coach Norton at [tobynorton@me.com](mailto:tobynorton@me.com)): First and Last Name, Age, Grade, Shirt Size - S,M,L,XL (adult sizes), contact information - including email, and emergency contact and number. All participants need to have a pair of basketball shoes. **NO STREET SHOES**. Each athlete should bring his own spill-proof drinking container. Athletes should also bring a notebook, and something to write with.

For parents that do not live close to the school and question what to do with their boys during the hour-and-half break, you will not need to pick them up during the break. Send them with a lunch and, Coach Norton will be staying at the gym with them during the break.