

## Camp Program

The Mountaineer Basketball Camp is designed to teach the fundamentals of the game of basketball. Dribbling, shooting, pivoting, rebounding, passing, and proper footwork are all needed to play the game properly.

With the use of stations, each camper will receive individual instruction on the basic offensive and defensive fundamentals necessary to play basketball successfully. In addition, each camper will be taught the offensive and defensive skills required to play two on two and three on three that provide the foundation of five on five play.

At the conclusion of camp each player will receive a personal evaluation. It is our goal that each player will leave camp having been exposed to the proper skills and techniques. With this information, we believe that the players desire and willingness to work on these skills will directly affect his progress as a basketball player.

### Sample Daily Schedule

8:30 — 9:00 Open Shooting

9:00 — 9:20 Attendance, Announcements,  
Group Stretch

9:20 — 10:30 Stations (Fundamentals)

10:30 — 10:45 Team Practice

10:45 — 11:45 Games

11:45 — 12:20 Lunch

12:20 — 1:00 Lecture

1:00 — 1:30 Individual Competition

1:30 — 2:30 Games

2:30 — 2:45 Competition

2:45 — 3:00 Closing Announcements

## Camp Highlights

The Camp will take place at Ephrata Middle School in the new gymnasium as well as the adjacent courts at the middle school. All campers should arrive between 8:30 and 9:00 a.m. Camp will end at 3 p.m.

Everyone must bring their own lunch Monday through Thursday and the snack bar will be open for snacks and drinks. Campers should arrive dressed to play (i.e. no watches or other jewelry).

1. 30 hours of expert instruction
2. Teaching geared towards fun and learning
3. 5 on 5 games
4. 3 on 3 games
5. Everyone receives a camp shirt.
6. Be eligible for team and individual awards
7. Receive a personal evaluation from coach
8. Enjoy a pizza party-Friday at lunch

**Awards Ceremony on Friday  
at 2:10 pm  
Parents Welcome.**

## Camp Waiver

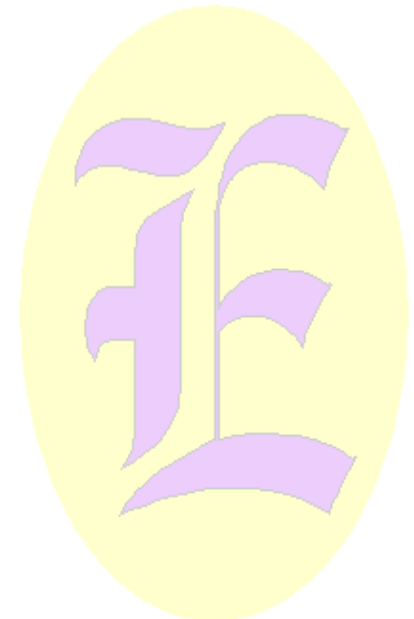
I understand I am financially responsible for any medical bills incurred by my child while at camp. I authorize the staff of the Mountaineer Basketball Camp to act as they see fit in the event an emergency arises.

I hereby release and forever discharge the staff of the Mountaineer Basketball Camp of and from any and all manner of actions, suits, damages, claims and demands on account of personal injury or death arising from my child's participation in the above listed activities.

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

Please cut along the dotted line



## Camp Registration

Name on players certificate will appear as printed below. (Please print clearly)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (during camp) # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Age (as of camp) \_\_\_\_\_

Grade Entering (Sept 2009) \_\_\_\_\_

Shirt Size (please circle and order big)

Youth L XL

Men's S M L XL XXL

Make checks payable and mail to:

### **Mountaineer Basketball**

129 Livia Lane

Wrightsville, PA 17368

Phone 717-201-1523 (Home) 717-606-6700 (cell)

**Tuition- \$85 if Received by May 15th, \$95 if Received after.**

**Please complete both sides and return only this section along with your check.**



## Camp Staff

### **Patrick Cristino— Camp Director**



Coach Cristino will be entering his 2nd season as the Head Boys Basketball Coach at Ephrata High School.

Coach Cristino has coached at varying levels from Junior High to the collegiate level over the last 12 years. During this time he has coached both boys and girls and help guide over 20 kids onto basketball collegiate careers at all levels.

### **Assistant Camp Directors**

The Assistant Camp Directors will consist of current assistant coaches on the Ephrata staff along with other area coaches and collegiate players. Choosing a highly dedicated and qualified staff is of extreme importance in order to provide help in the proper instruction to each individual camper.

For more information visit:

[www.Ephratamounts.com](http://www.Ephratamounts.com)



## MOUNTAINEERS BOYS BASKETBALL CAMP 2009

**JUNE 15 - 19  
BOYS AGES 8 - 16**



**Directed by:  
Patrick Cristino, Head Coach  
Ephrata High School  
Boys Basketball**