

Typical Daily Schedule Grades 3-7

9:00 - 9:20	Warm-up/Stretch
9:20 - 9:40	Ball Handling & BH Competition
9:40 - 9:55	Lay-Up Drills & Lay-Up Competitions
9:55 - 10:00	Break
10:00 - 10:15	Shooting Form
10:15 - 10:45	Shooting Drills & Shooting Competition
10:45 - 11:05	Perimeter & Post Work/ 1 on 1 Competition
11:05 - 11:15	Zigzag -- Defensive Slides
11:15 - 11:30	Shell Drill & Defensive Competitions
11:30 - 11:40	Moving w/out the ball
11:40 - 12:00	Modified Games

Grades 8-12

The afternoon session will be similar. The athletes should be able to move through the drills at a faster pace. The extra one half hour will be in the weight room, doing a conditioning program or doing a jumping program.

Mac's Hoop Star Basketball Camp

Learn the game the JD Way!



The JDYAA, proud sponsor of Jamesville-DeWitt summer basketball, is offering a unique basketball experience this summer in JD's beautiful new facility.

Don't miss out on this new and exciting basketball camp experience. ***Skills, skills, and more skills made fun!*** Look inside for all the details.



Camp Director
 Coach Bob McKenney
Varsity Boys Basketball Coach
Jamesville-DeWitt High School

Mac's Hoop Star Basketball Camp @ Jamesville DeWitt High School

Monday, July 13 - Friday, July 17

9:00 a.m. - 12:00 p.m. Grades 3-7

1:30 p.m. - 5:00 p.m. Grades 8-12

Monday, July 27 - Friday, July 31

9:00 a.m. - 12:00 p.m. Grades 3-7

1:30 p.m. - 5:00 p.m. Grades 8-12

Campers may request to attend with an older or younger group based on ability level.

Biography:

- College basketball SUNY Potsdam & St. Lawrence University
- 24 years as a Head Varsity Coach with a career record of 409-151.
- At JD, he has won 84% of his games.
- JD has won 10 straight league championships with a league record of 154-22 and JD has won 6 sectional titles in past 9 years.
- JD won a State Championship and was a Federation finalist in 2009 with a record of 27-2.
- JD won the State and Federation Championship in 2008 with a record of 26-2.
- His team was the undefeated State Champion in 2004, becoming only the fourth public school to go 29-0 and win both State and Federation Championships.

The focus of the camp is skill development not playing games. Work outs will be designed just like you are playing for Coach McKenney. There will be daily tournaments and weekly champions.

Cost of Camp:

\$125 for 1 week

\$200 for 2 weeks

20% family discount

Each player will receive a camp shirt and workout program.

Make checks payable to:

JDYAA

c/o Robert McKenney

213 Oakmont Drive

DeWitt, NY 13214

Or you can sign up for camp on the first day between 8:30 and 9 a.m. for the morning session or 1 and 1:30 p.m. for the afternoon session in the lobby at JD High School.

If you have any questions or concerns, please contact Coach Bob McKenney at (315) 396-0609 or Lisa McKenney at lisa.mckenney@wachoviasec.com.

2009 Camp Application:

Session I _____ Session II _____ Both _____

Name: _____

Sex: Male _____ Female _____

Address: _____

State: _____ Zip: _____

Phone Number: _____

E-Mail: _____

School: _____

Grade in Fall 2009: _____

Personal/Medical Information:

Date of Birth: _____

Height _____ Weight _____ Shirt Size _____

Date of last Tetanus immunization: _____

Medications currently taking: _____

Allergies: _____

Conditions: _____

Any Restrictions: _____

Insurance Company: _____

Policy #: _____

Emergency Information:

Contact in case of Emergency:

Name: _____

Daytime Phone: _____

Family Doctor: _____

Phone #: _____

YOUTH PERMISSION WAIVER AND REGISTRATION FORM

I understand that participation in the JDYAA involves rigorous physical activity and risks of physical injury, and we assume these risks. I hereby give consent for emergency transportation and treatment in the event of illness or injury. I hereby accept responsibility for payment of any emergency transportation or treatment on behalf of the participant. I further clarify the participant is in good physical condition, and has no medical or physical condition that would restrict his/her participation in this event.

(Parent/Guardian) _____ does hereby agree to release and hold harmless the JDYAA, its staff, Bob McKenney, and Jamesville-DeWitt School District from and against any and all liability for loss, damages, claims, or actions (including costs and attorney fees) for bodily injury and/or property damage, to the extent permissible by law, suffered by me and/or my child arising from his/her participation in the JDYAA program(s).