

EXCEL IN BASKETBALL

2016 Events Schedule and Application

36th
Season



Spring Day Camp

Spring Mar 28-Apr 1 at The Ultimate Fieldhouse

Excel Junior Camp for Grades 1-3

Spring	Mar 28-31	at The Ultimate Fieldhouse
Session 1	June 20-23	at The Ultimate Fieldhouse
Session 2	July 11-14	at The Ultimate Fieldhouse
Session 3	July 25-28	at The Ultimate Fieldhouse

Summer Day Camps (Grades in Fall 2016)

Session 1	June 13-17	at The Ultimate Fieldhouse
Session 2	June 20-24	at The Ultimate Fieldhouse
Session 3	June 27-July 1	at Tice Valley Gymnasium
Session 4	July 5-8	at The Ultimate Fieldhouse
Session 5	July 11-15	at Charlotte Wood Middle School
Session 6	July 18-22	at Charlotte Wood Middle School
Session 7	July 25-29	at The Ultimate Fieldhouse

Shooting Camps

Session 1	April 16-17	at The Ultimate Fieldhouse
Session 2	June 11-12	at The Ultimate Fieldhouse
Session 3	Sept 17-18	at The Ultimate Fieldhouse
Session 4	Oct 22-23	at The Ultimate Fieldhouse

What You Can Expect in a Day of Excel!

Fundamentals

Camp begins each day with Fundamental Learning Stations. Each camper rotates through stations gaining maximum repetitions on a wide variety of basketball skills.

Shooting Analysis

Each camper's shot is videotaped and analyzed in a 1 on 1 session with the camper. The staff dissects the player's shot teaching the BLESHT technique that was created here at Excel.

Competition

Each camper will compete in one on one competition against children in their own age group, developing one on one skills while preparing for the Camp Championships on Friday. Campers also compete for Camp Free Throw Champion Awards in each age division. Daily 3 on 3 Contests teach the campers perfect defensive and offensive movement and habits. Each camper will also play in 2 "League Games" each day.

Motivational, Life Skills Learning Sessions

Coaches meet with the campers each day providing motivational stories, anecdotes to guide players toward becoming the best people they can possibly be.

Organization, Efficient Use of Camp Time

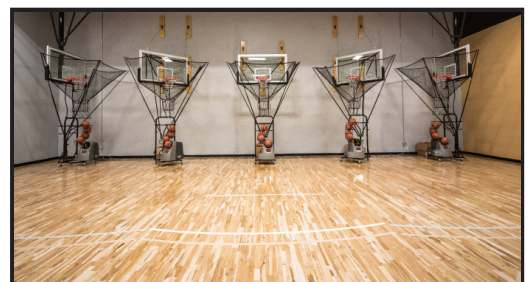
Camp is "up and running" on Monday by 9:05 each day. Campers are organized and ready to go, able to maximize every second of camp. There is no "down time." From games to lectures to free throws to dribble series to ballhandling, fast break activities, a comprehensive day, designed to enhance each second to allow your child to improve.

Great Instruction

The Excel Family is constantly teaching, inspiring and motivating players to become the best they can be. Camp Directors, Brian Sullivan, Frank Allocco, Jr., and Chris Whirlow bring a wealth of experience and commitment to kids. Most of the Coaches are "Excel Alumni" who bring their passion to camp each day.

THE ULTIMATE FIELDHOUSE

We are excited to host the majority of our camps at our new headquarters, The Ultimate Fieldhouse. This brand new 40,000 square foot state of the art facility has four regulation basketball courts and a total of 32 indoor baskets.



Excel in Basketball Week Long Day Camps

Session	Location	Dates	Grade Level in Fall of 2016	Locations:
Spring	The Ultimate Fieldhouse	Mar 28-Apr 1	Grades 3-9 Boys and Girls (Current Grade)	<p>The Ultimate Fieldhouse 2675 Mitchell Dr. Walnut Creek, CA</p> <p>Tice Valley Recreation Center 2055 Tice Valley Blvd. Walnut Creek</p> <p>Charlotte Wood Middle School 600 El Capitan Dr., Danville, CA</p>
1	The Ultimate Fieldhouse	June 13-17	Grades 4-9 Boys and Girls	
2	The Ultimate Fieldhouse	June 20-24	Grades 4-9 Boys and Girls	
3	Tice Valley Rec. Center	June 27-July 1	Grades 4-9 Boys and Girls	
4	The Ultimate Fieldhouse	July 5-8	Grades 4-9 Boys (Advanced Camp)	
5	Charlotte Wood Middle	July 11-15	Grades 4-9 Boys and Girls	
6	Charlotte Wood Middle	July 18-22	Grades 4-9 Boys and Girls	
7	The Ultimate Fieldhouse	July 25-29	Grades 4-9 Boys and Girls	

Daily Schedule: 9:00 AM - 2:00 PM

Juice provided at noon lunch break, campers provide their own bag lunch

- Station Drills stress passing, shooting, defense, dribbling, ball handling, offensive moves, rebounding, and game situations
- Daily Lectures on key aspects of the game
- Free Throws emphasis and competition
- "Pistol Pete" Ballhandling Drills
- Defensive Drill Emphasis each day in our lectures and stations
- One on One play and competition
- Two "League Games" and practice sessions every day
- Afternoon Skill Station on attack drills and fast break basketball
- Dribble Series - Challenging dribbling exercises to develop dribbling skills

Tuition: \$225.00 Fee includes: Camp T-shirt, awards, and a fun session of intensive instruction and team play. A non-refundable deposit of \$125.00 per session or full payment will reserve your place in camp.

Mail in or Online Registration Now Available.

Videotape: The mechanics of each camper's shot will be videotaped and individually analyzed.



Awards: Player's receive an individualized Evaluation Card and Camp Notebook. Age group awards for foul shooting and one on one champions. Outstanding Player, Best Defense, Most Improved, Station Master, and Most Inspirational Awards in each league.

Registration: *Deadline for Spring Camp: March 25. Summer Camp is June 6. Registration is on a first come, first served basis.*

Excel in Basketball Junior Camp

For Boys and Girls in Grades 1-3 (Fall 2016)

Junior Basketballs and Lower Hoops!!

Great introduction to the "Excel Experience" in shorter hours

Session	Date	Time	Location
Spring:	March 28-31	3-6 PM	The Ultimate Fieldhouse
1:	June 20-23	3-6 PM	The Ultimate Fieldhouse
2:	July 11-14	3-6 PM	The Ultimate Fieldhouse
3:	July 25-28	3-6 PM	The Ultimate Fieldhouse



Camp is Monday thru Thursday. 3 hour daily sessions include:

Station drills: Passing, shooting, defense, dribbling, rebounding, ballhandling, offensive moves and game situations

2 Games per Day • Lectures on Key Aspects of the Game
Dribble Series • Ballhandling Series • "Perfect Passing"

\$135.00 Tuition per session includes a T-shirt and challenging session of detailed instruction, fun, and team play. Payment in full must accompany this application to reserve your space.

Contact us by: email: excelcalifornia@gmail.com Phone: 925-322-8872

Excel in Basketball Application 2016

indicate session(s) desired on the right of form:

Name _____ Male ___ Female ___

Address _____

City _____ State ___ Zip _____

Parent's Name _____

Confirmation/Receipts will be sent via e-mail. Put us on your safe list.

email address 1: _____

email address 2: _____

Home Phone _____ Emerg. Phone _____

Family Doctor _____

School _____ **Grade Next Sept. 2016** _____

Date of Birth _____ Age _____ Height _____

Circle T-Shirt Size: **Youth:** YM YL **Adult:** AS AM AL XL

Parent's Consent/Waiver

I hereby give my consent for my child to participate in all activities at the "Excel in Basketball" Day Camp. I declare that my child is in good physical condition. I hereby give the Staff of "Excel in Basketball" permission to render such medical and hospital care as, in their judgment, may seem advisable for my child. I hereby state that we have adequate medical coverage and hereby release Excel in Basketball, its Officers, Agents, Servants, and Employees from any and all liability with respect to any injuries that may be sustained by our child while going to, while engaging in, and returning from this activity. I will not hold the Staff of "Excel in Basketball" liable for any injuries incurred during the camp session.

Parent's Signature _____

Proof of Insurance

Policy No. _____

Name of Company _____

Please inform us of any physical disabilities or medical conditions which would effect your child's participation at camp in the space provided below.

Full Payment or a non-refundable deposit payable shall accompany this application. Make checks payable to:

"Excel in Basketball, Inc."

PO Box 3014 • Walnut Creek, CA • 94598 • Phone: 925-332-8872

WEEK LONG DAY CAMPS Tuition: \$225

Spring Day Camp (For boys and girls currently in grades 3-9)

Spring Session Mar 28-Apr 1 The Ultimate Fieldhouse

Summer Day Camps

Session	Dates	Grades (in Fall of 2016)	Location
<input type="checkbox"/> 1	June 13-17	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> 2	June 20-24	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> 3	June 27-July 1	Boys & Girls Grades 4-9	Tice Valley Gym
<input type="checkbox"/> 4	July 5-8	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> 5	July 11-15	Boys & Girls Grades 4-9	Charlotte Wood Middle
<input type="checkbox"/> 6	July 18-22	Boys & Girls Grades 4-9	Charlotte Wood Middle
<input type="checkbox"/> 7	July 25-29	Boys & Girls Grades 4-9	Ultimate Fieldhouse

Spring/Summer Day Camp Payments • Enclosed is:

- Payment in full \$375 deposit - 3 weeks \$750 deposit - 6 weeks
 \$125 deposit - 1 week \$500 deposit - 4 weeks \$875 deposit - 7 weeks
 \$250 deposit - 2 weeks \$625 deposit - 5 weeks \$1000 deposit - 8 weeks

JUNIOR CAMPS Tuition: \$135

Excel Junior Day Camp: For Boys & Girls in Grades 1-3 in Fall of 2016

- Junior Camp Spring Mar 28-31 The Ultimate Fieldhouse
 Junior Camp 1 June 20-23 The Ultimate Fieldhouse
 Junior Camp 2 July 11-14 The Ultimate Fieldhouse
 Junior Camp 3 July 25-28 The Ultimate Fieldhouse

- 1 Session: \$135 2 Sessions: \$270 3 Sessions: \$405 4 Sessions: \$540

SHOOTING CAMPS Tuition: \$105

Shooting Camp: For Boys & Girls in Grades 4-12 in Fall of 2016

- Shooting Camp 1 April 16-17 The Ultimate Fieldhouse
 Shooting Camp 2 June 11-12 The Ultimate Fieldhouse
 Shooting Camp 3 Sept 17-18 The Ultimate Fieldhouse
 Shooting Camp 4 Oct 22-23 The Ultimate Fieldhouse

- 1 Session: \$105 2 Sessions: \$210 3 Sessions: \$315 4 Sessions: \$420

Excel Shooting Camps

For Boys and Girls in Grades 4-12 (Fall 2016)

Session	Date	Time	Location
1	Apr 16-17	8:30-11:45AM	The Ultimate Fieldhouse
2	June 11-12	8:30-11:45AM	The Ultimate Fieldhouse
3	Sept 17-18	8:30-11:45AM	The Ultimate Fieldhouse
4	Oct 22-23	8:30-11:45AM	The Ultimate Fieldhouse

For serious players looking to improve their skills or learn the proper fundamentals to excel in the "science of shooting." 6.5 hours of in-depth instruction focuses on the basics of shooting. Provides detailed video shooting analysis, competitive shooting drills and establishes practice patterns that will guarantee success.

Staff: 1:8 coaches/players ratio provides individual attention

Grouping: Players grouped according to age, size, and ability



Instruction Includes: Stance, grip, shooting preparation, technique of shooting and practice patterns. Further instruction includes: using screens on and off the ball, shooting on the move and off of offensive moves.

Stations: Station drills focus on key fundamentals of shooting and shot preparation.

\$105.00 Tuition includes camp T-Shirt, plus two fun and challenging days of instruction and drills. Payment in full must accompany this application to reserve your space.

Deadline for enrollment is 7 days before the first day of camp.