

To register, complete application below, and mail with non-refundable \$50 deposit for each camp. Space is limited so reserve your spot early.

In the Zone Basketball Camps
6870 Chrisphalt Drive,
Bath 18014

Name _____

Address _____

Phone _____ DOB _____

Email _____

Grade in Sep '13 _____ School _____

Experience _____ yrs Level _____

Position _____ Team _____

Camp(s) to attend _____

Buddy sign-ups _____

Consent and Waiver:

I certify that my son/daughter

Has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at the In the Zone Basketball Camp.

I authorize the staff of In the Zone Basketball Camp to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In the Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

Signature of Parent/Guardian _____
Date _____

*"After the Perimeter Camp, my son was able to immediately implement some of the things he learned. I saw a definite improvement in his game. He started driving to the basket and had more confidence in his shot." J.B.
Bethlehem*

**Summer Camp Player
Discounts:**

- AAU Discount: Current Members of the In the Zone AAU program receive a 50% discount on ITZ run camps. (cannot combine with other discounts) Not Transferrable.
- Multi Camp discount: Sign up for a second camp and get \$20 off the second camp. Take another \$20 off for a third camp.
- Sibling Discount: Each sibling receives a \$20 discount.
- Register with a buddy and both receive a \$15 discount.**
- Register with 2 buddies and both receive a \$20 discount.**
- Register with 3 or more buddies and each receives a \$25 discount.**

** to receive the Buddy discount, each person must list their Buddies on the registration form. *Cannot combine multiple offers.*

Also this summer:

- **Skills and Drills Program**
- **3 v 3 summer league**
- **Pure Shooter Program:
10,000 shot summer**

*"My son has done camps all over NJ and the Poconos and the ones at In the Zone are by far the best. Coach Turpening goes into so much more detail and also explains **when** to use certain moves. No other camp can compare to In the Zone." J.H.
Washington, NJ*

Camp Philosophy: Our camps are designed to teach more than what is done at the typical school camp. We believe in detailed instruction on both fundamentals and more advanced moves. We break things down, step by step, focusing on proper footwork, correct body position and efficient technique. For most drills, everyone will have a ball and everyone will get in a lot of reps. We hate lines and strive to keep idle time to a minimum. When we scrimmage, we mainly do controlled small side scrimmaging, 1 v 1, 2 v 2 and 3 v 3; this results in more touches per player and a more fundamentally centric half court game. It's our experience that as soon as we go 5 on 5 full court, all the day's hard work is forgotten and it's run and gun time. We also don't waste time playing camp-wide games of knock out that take 30 minutes to complete (a little knock out every now and then is ok). We don't believe in individual awards for campers—everyone learns and develops at their own pace.

**Our building is
air conditioned.**
Set at 80°F



*Summer
Basketball
Camps
At
In the Zone
Athletics
2013*

6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

*Get in the game at
In the Zone!*



Shooting Camps

Due to the tremendous success of these camps, it is being offered twice.

For boys and girls grades 4-12
Monday Jun 17 to Friday June 21 and
Monday, July 22 to Friday, July 26
9:00 am to 3:00 pm

Improve your foul shooting by 16% in one week! Go from 50% to 66%! That's what we did, on average, over the last 4 years. In this camp, we build the shot step by step, from the ground up and then practice, practice, practice. Our philosophy is that you can never do enough form shooting. We'll also cover shooting off the dribble, shooting off the pass, quick draw, shooting with the 1-2 and shooting using the hop. If you want to develop your shot or just get a week of structured, supervised practice to become a better shooter, this camp is for you. We'll take about 4000 shots during the week. Cost \$175

★★★★★★★★★★★★★★★★

Perimeter Player Camp*

Guards and Small Forwards

For boys and girls entering grades 5-12
Monday, June 24 – Friday, June 28
9:00 am to 3:00 pm

Dribbling. Passing. Scoring. 100 ball handling drills, 50 different offensive moves (straight line moves, change of direction moves, combination moves), 21 different passes, attacking the basket, beating your opponent off the dribble, beating a shot blocker, moving without the ball, using screens to score, setting screens to score, attacking zones, attacking full court pressure, beating half court traps, beating the double team, reading and reacting to the defense, running the fast break offensive rotations and more. Cost \$175

Post Player Camp*

Centers and Power Forwards

For boys and girls entering grades 5-12
Monday, July 8 – Friday, July 12
9:00 am to 12:00 pm

This is one of the only camps in the area that focuses just on post play. Don't just play big, learn to own the paint: Over 35 offensive moves and 20 defensive reads. Learn the proper way to post up, how to get open, getting position, winning the arm and leg battle, drop steps, up and unders, Shaq spins, jump hooks, pro hops, baseline sweep moves, step back shots, pro-stance, passing, sealing, setting screens to score, using screens to score, defending the post, inside-out plays, offensive rotations Cost \$95

★★★★★★★★★★★★★★★★

Ball Handling and Finishing Camp*

For boys and girls entering grades 5-12
Monday, July 8 – Friday, July 12
12:30 to 3:30 pm

Not just dribbling but learning how to put moves together to attack the basket. Killer Crossovers, Combination moves, using the body to sell the move and then finishing with 16 different lay-ups. Lots of ball handling drills including 2 ball and 3 ball dribbling, tennis ball drills, medicine ball drills, partner drills, wall drills and more Cost \$95

★★★★★★★★★★★★★★★★

Offensive Skills and Scoring Camp*

For boys and girls grades 5-12
Monday, July 15– Friday July 19
9:00 am to 3:00 pm

Want to become a scorer? We'll cover:

- Shooting off pass
- Shooting off dribble
- Drive Reads
- Shot Reads
- The Pro-Hop
- The Euro-Step
- Cradling
- Cross Overs
- Drop Steps
- Jab Steps
- Head Fakes
- Sweep moves
- Step Backs
- Pressure shooting
- Lay-ups
- Spin moves
- Pick and Roll
- Using Screens
- Shaq Spins

This camp incorporates some of the Shooting Camp, some of the Perimeter Camp and some of the Big Man Camp. **If you can only make one camp this summer, this is the one.** Cost \$175.

★★★★★★★★★★★★★★★★

Court IQ and Scrimmage Camp*

For boys and girls grades 5-12
Monday, July 29– Friday Aug 2
9:00 am to 3:00 pm

Learn the skill, practice the skill, then use the skill in a controlled small side scrimmage. Monday we'll work on one-on-one moves like jab steps, head fakes and step backs and then play a one on one round robin tournament. Tuesday we'll cover the pick and roll, back door cuts, inside out plays and then play 2 on 2 half court to reinforce those skills. Wednesday it's moving without the ball, coming off screens, screening away and then its 3 on 3 half court. Thursday and Friday we cover offensive and defensive rotations, attacking zones, presses and traps. Then we go full court and practice these sets in game like situations. This camp is uniquely fun and instructional. After this camp, you'll wonder why everyone doesn't structure their camp like this. Cost \$175

★★★★★★★★★★★★★★★★

Youth Skills Camp

For boys and girls entering grades k-4
Monday, July 8 – Friday, July 12
9:00 am to 12:00 noon

Learning basketball and having fun. Campers will learn fundamentals while playing a variety of games. For example, a short 2 minute lesson on dribbling will be followed by a few drills and a game of dribble tag. Each game reinforces a specific basketball skill. The basic format is learn, then drill then game. Players learn and practice solid basketball fundamentals while having fun and without those boring stand-in-line drills. There will be scrimmages with most of the focus on 1 v 1, 2 v 2 and/or 3 v 3. Cost \$95

★★★★★★★★★★★★★★★★

** These are considered advanced camps. Athletes should have a basic working knowledge of the game and appropriate skill set (dribble with both hands, perform strong handed lay-up w proper form and accuracy, basic man to man defense and knowledge of rules).*

★★★★★★★★★★★★★★★★

Administrative notes:

- Lunch is 12:00-12:30 daily. Campers may either pack lunch or buy at our snack bar (pizza, hotdogs, chips, drinks). Lunch is not included in cost of camp.
- Gym will open at 8:30. Pick up within 15 minutes of end of camp.
- Wear athletic attire: gym shorts, t-shirts, sneakers. Girls should NOT wear low cut tank tops or spaghetti string tops. No jewelry.
- Campers can bring their own balls but it is not necessary.
- Short graduation ceremony during last 15 minutes of last day of camp.