

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 '17 _____ 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 40% discount on ITZ run camps. (cannot combine with other discounts) Not Transferrable.
- Multi Camp discount: Sign up for a second camp and get 10% off the second. Take 20% off for a third camp. Max discount is 30%.
- Sibling Discount: Each sibling receives a 10% discount
- Register with a buddy and both receive a 10% discount**
- Register with 2 buddies and both receive a 15% discount.**
- Register with 3+ buddies and each receives a 20% discount.**

** to receive the Buddy discount, each person must list their Buddies on the registration form. Amount of discount depends on all buddies actually attending and paying for camp

Cannot combine multiple offers.

Also this summer:

- **Skills and Drills Program**
- **3 v 3 summer league**
- **...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

Our 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



2017 Summer Basketball Camps

at

In the Zone



Athletics

June-Aug 2017



In the Zone
6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

Fundamentally Driven

Shooting Camps

For boys and girls grades 4-12
Monday-Friday; June 12-16, July 10-14,
July 17-21 and August 7-11
9:00 am to 12:00 noon

Our Signature Camp!! In this camp, we build the shot step by step, from the ground up and then practice, practice, practice. Focus on mechanics and proper form. Also: Shooting off the dribble, shooting off the hop. Develop your shot or just get a week of structured, supervised practice to become a better shooter. 500 shots a day—2500 for the week!! Cost \$110/wk

Point Guard Camp*

For boys and girls entering grades 5-12
Wednesday-Friday, July 5-7
9:00 am to 3 pm (3 day camp)

Learn to run the team, control the game and be a leader. Recognize basic defensive sets and common ways to counter them. Emphasis on dribbling, driving, passing and court smarts. 100 different 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, attacking zones, beating half court traps, double teams, reading and reacting to the defense, running the fast break, offensive rotations, and more... \$120/wk (3 day camp)

Post Player Camps*

Centers and Power Forwards.

For boys and girls entering grades 5-12
Monday – Friday July 10-14 and
Monday – Friday, Aug 7-11

12:30 to 3:30 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/wk

Ball Handling and Finishing Camps*

For boys and girls entering grades 5-12
Monday – Friday, June 12-16 and
Monday – Friday, July 17-21
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 moves and then finishing with 16 different lay-ups. Lots of ball handling drills including 2 ball drills, tennis ball drills, medicine ball drills, partner drills, wall drills, and more... Cost \$95/wk

Offensive Skills and Scoring Camps*

For boys and girls grades 5-12
Monday-Friday, June 20-24 and
Monday-Friday, July 25-29
9:00 to 3:00 pm

Want to become a scorer? We'll cover:

- Shooting off pass
- Shooting dribble
- Jab steps
- Head Fakes
- Sweep moves
- Pick and Roll

- Shot Reads
- The Euro-Step
- Drop Steps
- Pressure shooting
- Drive Reads
- Shaq Spins
- The Pro-Hop
- Cross Overs
- Step Backs
- Using Screens
- Spin Moves
- Parkers/Rondos

The camp incorporates some of the Shooting Camp, some of the Finishing Camp and some of the Big Man Camp. ***If you can only make one camp this summer, this is the one.*** Cost \$180/wk

Court IQ and Scrimmage Camps*

For boys and girls grades 5-12
Monday- Friday, June 26-30 and
Monday-Friday, July 31- Aug 4
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. Tuesday we'll cover the pick and roll, back door cuts, and then play 2 on 2 half court to reinforce those skills. Wednesday it's moving without the ball, coming off the screens, screening away and then it's 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 \$180/wk

Scoring and Shooting Camp*

For boys and girls grades 5-12
Monday – Friday, Aug 14-18
9:00 am to 3:00 pm

This camp combines the best parts of the Shooting Camp and the Ball Handling and

Finishing Camps: Jump Shots in the morning, Lay-ups and finishing at the rim in the afternoon. Learn and practice how to put the ball in the basket. Cost \$180

Youth Fundamentals Camps

For boys and girls entering grades 1-5
Monday-Friday, July 10-14 and
Monday-Friday, Aug 7-11
9:00 am to 12:00 noon

This camp has sold out in the past

This camp is about learning basketball and having fun. Campers will learn fundamental 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 specific basketball skill. The basic format is learn, then drill then game. 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 basic working knowledge of the game and appropriate skill sets (dribble with both hands, perform strong handed lay-up with proper form and accuracy, basic man o man defense and knowledge of rules).***

Administrative notes:

- Lunch is 12:00-12:30 daily. Campers may either pack or buy lunch at our snack bar (pizza, hot dogs, chips, drink). Lunch isn't 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 tops.