

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 '19 \_\_\_\_\_ School \_\_\_\_\_

Experience \_\_\_\_\_ yrs Level \_\_\_\_\_

Position \_\_\_\_\_ Shirt Size \_\_\_\_\_

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 In the Zone 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



# 2019 Summer Basketball Camps

at

# In the Zone



## Athletics

June-Aug 2019



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

[www.inthezonesports.biz](http://www.inthezonesports.biz)

### **Shooting Camps**

For boys and girls grades 4-12  
Monday-Friday; June 10-14; 9:00-12:00  
Monday-Friday; August 5-9; 12:30-3:30

Our Signature Camp! In this camp, we build the shot step by step, and then practice, practice, practice – focus on mechanics and proper form. Also: Shooting off the dribble, shooting off the hop. Develop your shot or get a week of structured/supervised practice. 500 shots a day - 2500 for the week! Cost \$110/wk

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### **Ball Handling and Finishing Camps\***

For boys and girls entering grades 5-12  
Monday – Friday, June 10-14,  
Monday – Friday, July 15-19  
Monday – Friday, July 29-Aug 2  
12:30 PM to 3:30 PM each week

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, medicine ball drills, wall drills, and more... Cost \$95/wk

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### **Offensive Skills and Scoring\***

For boys and girls grades 5-12  
Monday-Friday, June 17-21 and  
Monday-Friday, July 22-26  
9:00 to 3:00 pm

Want to become a scorer? We'll cover: Shooting off pass, jab steps, sweep moves, The Euro-Step, Shaq Spins, Pressure shooting, The Pro-Hop, crossovers, step backs, using screens, spin moves, parkers/rondos, head fakes, shot reads, and many more... **If you can only make one camp this summer, this is the one.** Cost \$180/wk

### **Court IQ and Scrimmage\***

For boys and girls grades 5-12  
Monday- Friday, June 24-28 and  
Monday-Friday, July 29- Aug 2  
9:00 AM to 3:00 PM

Learn the skill, practice the skill, and use the skill in scrimmages. Monday: one-on-one moves, and Tuesday: the pick and roll/back door cuts, and play 2 on 2 half court. Wednesday: moving without the ball, working with screens, and 3 on 3 half court. Thursday and Friday: offensive and defensive rotations. Then we practice these sets in game like situations. This camp is uniquely fun and instructional. Cost \$180/wk

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### **Scoring and Shooting Camp\***

For boys and girls grades 5-12  
Monday – Friday, July 8-12  
Monday – Friday, Aug 12-16  
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

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### **Youth FUNDamentals Camps**

For boys and girls entering grades 1-5  
Monday-Friday, July 15-19 and  
Monday-Friday, Aug 5-9  
9:00 AM to 12:00 PM

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 drills and a game of dribble tag. The basic format is learn, then drill, then game. Cost \$110/wk

### **3 Point Shooting Camp\***

For boys and girls grades 6-12  
Monday-Friday; July 29-Aug 2  
9:00 AM-12:00 PM

Learning to shoot the 3 with proper form! Focus on techniques to increase range: Building Momentum, dipping, 1 motion shooting, using whole body to shoot. \$110/wk

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### **Point Guard Camp\***

For boys and girls entering grades 5-12  
Monday-Wed July 1-3  
9:00 AM to 3:00 PM (3 day camp)

Learn to run the team, control the game and be a leader. Emphasis on dribbling, driving, passing and court smarts. 100 different ball handling drills, 50 different offensive moves, 21 different passes, attacking the basket, beating your opponent off the dribble, beating half court traps, reading and reacting to the defense, and more... \$120/3 days

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### **Post Player Camps\***

For boys and girls entering grades 5-12  
Monday – Friday July 15-19  
9:00 AM – 12:00 PM

This is one of the only camps in the area that focuses just on post play. Over 35 offensive moves and 20 defensive reads. Learn the proper way to post up, how to get open, drop steps, Shaq spins, pro hops, baseline sweep moves, step back shots, setting/using screens to score, and more... Cost \$95/wk

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### **Tough Guy Camp\***

For boys and girls grades 4-12  
Monday-Tuesday; July 1-3  
9:00 AM – 3:00 PM

Tough players REBOUND and play DEFENSE. This is the camp every coach wants their players to attend. \$120 for 3 days  
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### **Agility, Footwork, and Quickness Camp\***

For boys and girls grades 4-12  
Monday-Friday; June 24-28  
9:00 AM – 12:00 PM

Every athlete can benefit from being a step quicker, being more agile and having better footwork. This camp isn't just for basketball players: Plyometrics, agility ladder, resisted movements, assisted movements, balance and acceleration. \$95/wk

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**\* These are considered advanced camps. Athletes should have basic working knowledge of the game and appropriate skill sets (able to dribble with both hands, perform strong handed lay-up, and knowledge of rules).**

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### Administrative notes:

- Lunch is 12:00-12:30 daily. Campers may either pack or buy lunch at our snack bar (pizza, 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.
- Short graduation ceremony last 15 minutes of last day of camp.