

Basketball and Volleyball Summer Camps 2020

Fundamentally Driven!

Want to get a whole season's worth of practice in one week? In the Zone Basketball and Volleyball Summer Camps!! Focused skill development; intense training with results driven instruction.

Camp	Dates and Times	Ages	Camp Notes
Shooting Camp \$95/camp	June 15-18 9:00-12:00 Aug 10-13 12:30-3:30	Grades 4-12 Co-ed	Learn mechanics to become a knock down, lights out shooter. 500 shots/day
3 Point Shooting \$95/camp	Jul 27-30 9:00-12:00	Grades 6-12 Co-ed	Increase your range. Power building techniques.
Ball Handling and Finishing \$95/camp	June 15-18 12:30-3:30 July 13-16 12:30-3:30	Grades 5-12 Co-ed	Develop great handles, up your game. single, double and triple moves. 16 Finishes
Offensive Skills and Scoring \$160/camp	June 22-25 9:00-3:00 July 27-30 9:00-3:00	Grades 5-12 Co-ed	Getting to the rim and putting the ball in the basket
Court IQ and Scrimmage \$160/camp	Aug 3-6 9:00-3:00	Grades 5-12 Co-ed	Learn the art of basketball, 1v1 then 2v2 then 3v3 then 5v5
Scoring and Shooting \$160/camp	June 8-11 9:00-3:00 Aug 17-20	Grades 5-12 Co-ed	Jump shots and lay-ups. "to win, you gotta put the ball in the basket."
Point Guard Camp \$160/camp	Jun 29-Jul 2 9:00-3:00	Grades 5-12 Co-ed	Run the team, control the game and be the leader.
Post Player Camp \$95/camp	July 13-16 9:00-12:00	Grades 5-12 Co-ed	Own the Paint, 35 big man offensive moves.
Tough Guy Camp \$160/camp	Jun 29-Jul 2 9:00-3:00	Grades 4-12 Co-ed	DEFENSE AND REBOUNDING!
Agility, Footwork and Quickness \$95/camp	June 22-25 9:00-12:00 July 27-30 12:30-3:30	Grades 4-12 Co-Ed	Faster, quicker, more agile.
Youth FUNDamentals \$95/camp	July 13-16 9:00-12:00 Aug 10-13 9:00-12:00	Grades 1-5 Co-ed	Learning the basics of the game and having fun.
Volleyball Skills Camp \$160/camp	June 15-18 9:00-3:00 July 6-9 9:00-3:00 Aug 3-6 9:00-3:00	Grades 4-10 Co-ed	Fundamentals, technique and focused training.

NOTE: Includes renowned ITZ Camp T-Shirt. Camps are now 4 days (no training on Fridays)