

2025 City of Bowie Boys and Girls Basketball Camp

Through the city of Bowie, Mrs. Lonergan runs two one-week sessions of [basketball camp](#) at the Bowie City Gymnasium-4100 Northview Drive, Bowie, MD 20716. For 8-14 year olds.

The weeks are: Mon-Fri June 23-27

OR

Mon-Fri July 7-11

Instruction time runs from 9am-4pm daily. A typical day looks like this:

8:45am WELCOME-check-in and free shoot.

9:15am Active Dynamic Warm-up

9:30am Stations of various basketball skills

REBOUNDING

SHOOTING

PASSING

LAY-UPS

BALL HANDLING

MOVING WITH THE BASKETBALL

MOVING WITHOUT THE BASKETBALL

DEFENSE

10:30am GAMES (first set - two games a day)

11:30am FUNDAMENTAL (two a day)

12:00 LUNCH (campers bring a lunch from home, but will have the opportunity to purchase items from the concession stand)

1:00pm FUNDAMENTAL (two a day)

1:45pm CONTEST (different one daily)

2:45pm GAMES (second set)

3:45pm End of the Day recap

4:00pm Dismissal

Mrs Lonergan and her husband have run this camp for 30+ years at various universities. For the past ten years they have been running the camp in our own backyard - the Bowie Gym. Local HS and college age basketball players are hired to give back to the community by coaching and teaching the game to our youth. It is the #1 Instructional Camp in the DMV. Space is limited and they do sell out. So [sign up](#) today. Any questions please call or email Mike Lonergan 301-809-2383 email mlonergan@cityofbowie.org. [Registration form](#). Or ask Mrs. Lonergan for a form.