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Having read the information presented, we release Normandy High School, the directors and staff of the Normandy Basketball Camp, Parma City Schools, and all sponsors from any and all liability arising from illness, injuries, and damages suffered as a result of participation in this camp or traveling to or from this camp. Our signatures certify compliance to this information and we understand that entry fees paid are non-refundable.

Signature \_\_\_\_\_

*Student*

Signature \_\_\_\_\_

*Parent or Guardian*

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Grade this Fall \_\_\_\_\_

Position(s) \_\_\_\_\_

Emergency Phone Number \_\_\_\_\_

Please make check payable to:

*Normandy High School*

Return fee and form to:

*Joe Perella*

Normandy High School

2500 W. Pleasant Valley Rd.

Parma, OH 44134

Coach Perella, 440-376-4440 [jperella11@gmail.com](mailto:jperella11@gmail.com)

Normandy Athletic Office- (440) 885-2404

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# NORMANDY HIGH SCHOOL GIRLS BASKETBALL PROGRAM PRESENTS THE 2019 SKILLS CAMP

12:00-3:00 Grades 3-9

JUNE 10-13



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## **INTRODUCTION**

Normandy High School and the Basketball Coaching Staff are excited to announce a camp designed to teach basic fundamentals used in playing basketball. Offered to athletes who will be in grades 4-9 this coming fall, instruction will be given on techniques to enhance your development as a quality player

**DATES:** June 10-13, 2019  
Monday-Thursday

**TIMES:** 12:00-3:00

**LOCATION:** Normandy High School  
2500 W. Pleasant Valley Rd.  
Parma, OH 44134

**FACILITIES:** Three Courts

**INSTRUCTORS:** Normandy Basketball Staff  
Area High School Coaches  
Graduates of Normandy High School

**FEE:** \$75.00 for early signups.  
\$85.00 at the door.  
Price includes all four sessions and a t-shirt.

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## **ACTIVITIES**

Campers will be divided into groups according to age, size, and ability. Participants will be taught fundamental basketball skills individually, in addition to 3-on-3 and 5-on-5 team situations.

Basketballs and t-shirts will be given to each camper.

## **EMPHASIS ON FUNDAMENTALS**

Each camper will be given individualized instruction and be drilled on the fundamentals needed to become a complete basketball player. Among the skills and the fundamentals emphasized:

- \*Shooting
- \*Passing
- \*Dribbling
- \*Pivoting
- \*Triple Threat Position
- \*Screening Technique
- \*Principles of Man-to-Man Defense
- \*Defensive Stance and Footwork
- \*Rebounding
- \*Offensive Post Moves
- \*Defensive Post Positioning