

Daily Schedule

Monday-Thursday

11:30-Drop off

11:30-11:45 -Warm-up
(Stretching/Footwork)

11:45-12:00- Speed/Agility Drills

12:00-12:15 Skill Demonstration

12:15-1:00 Basketball Drills

1:00-1:30 -Games/Contests

1:30 Pick Up

*Kids can bring a snack or a light
lunch if they choose.



Nutley All-Star Camp

P.O. Box 14
Nutley,NJ 07110

2018 Nutley All- Star Girl's Basketball Camp



JULY 9 - JULY 12
GRADES: 3-6
11:30-1:30 @ NHS

Email: lmitschow@nutleyschools.org
mfrancello@nutleyschools.org

Meet the Coaches

Larry Mitschow – Head Coach at NHS the past six years. In each season, Coach Mitschow has led the Raiders to the state tournament, which included winning the sectional title in 2015. The team has been consistently ranked in Essex County's top ten for six years. 2018 Division Champs!

Matt Francello – Nutley Girl's JV coach/varsity assistant the past six years. Coach Francello has led the JV squad to a winning record in all six seasons. Working in practice with the JV and varsity on skill development, game strategy and conditioning are just some of his responsibilities.

Cost: \$75

Our camp is open to all girls entering grades 3-6

Camp Features

-Opportunity to work with Nutley graduate and current Maryland Terrapin, Blair Watson, and other varsity players.

-Opportunity to learn individual positions and team strategies.

-Skills:

-Dribbling

-Passing

-Shooting

-Rebounding

-Defense

-Cool, Indoor facilities

-Water provided

PLEASE DRESS APPROPRIATELY!



Sign-up Form

Participant's Name:

Address:

Emergency Phone:

1) _____

2) _____

Grade/Age:

Please return this form and payment on or before JUNE 23rd, 2018 to:

Nutley All Star Camp
P.O. Box 14
Nutley, NJ 07110

Cash accepted or
Make checks payable to:
Nutley All-Star Girl's Basketball Camp
Cost: \$75

NO REFUNDS AFTER JUNE 23rd, 2018
Walk in Registrations are welcome!!!

The named applicant is in good health and has my permission to participate in the program. In the event of an emergency requiring medical attention, I hereby grant permission to the medical personnel designated by the camp to attend to my child. I, the undersigned, hereby waive any claims arising out of my child's participation in the camp and agree to indemnify and hold harmless the Nutley High School, the Nutley Athletic Department, the Nutley B.O.E., and any of their agents and employees from the claim for injury occurring to my child during her participation in the camp or while at the camp sit.

Parent/Guardian Signature:
