

MAGA BASKETBALL CAMPS

www.magabasketball.com

Registration Form

Name: _____
Given Surname

Address: _____
Street

_____ City Postal Code

Home Phone: _____

Emergency Phone: _____

Year Born: _____

Gender M F

Health Card #: _____

e-mail: _____

Please include me in future mailings:

Camps run from 9 a.m. - 3 p.m. and each camper will receive a camp T-shirt. Campers are to bring a bagged lunch, shorts and court shoes. Campers are not permitted to leave the premises at any time'

Parent/Guardian Authorization:

I hereby approve my child's attendance to the above camps and certify that he / she is in good health and able to participate in the program activities. I authorize that the directors act for me according to their best judgement in any emergency requiring medical attention.

Signature of Parent / Guardian

Mail applications & make cheques payable to:
MAGA BASKETBALL INC.,
c/o Box 171 Mt. Hope, ON L0R 1W0

SPALDING



CAMP

July 13-17
at Bishop Tonnos
High School

\$185.00

**METRO
BASKETBALL
CAMP**

July 20-24
at Cardinal
Newman High
School

\$185.00



**BASKETBALL
CAMP**

Aug. 10-14
at Bishop Tonnos
High School

\$185.00

Note:

- \$20 discount if attend both The Shooting Camp and The Guard Post Camp.
- \$10 family discount for each sibling

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SPALDING



CAMP

July 13-17

**METRO
BASKETBALL
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July 20-24



**BASKETBALL
CAMP**

Aug. 10-14

Camp Director

Mr. Steve Maga
Hon. B.Kin, B.Ed, M.B.A



Coach

- Sr Girls & Sr Boys Coach, Bishop Tonnos
- Assistant Coach, McMaster University

University

- 2001 National Player of the Year
- 3 Time All - Canadian
- 1999-2000 & 2000-2001 OUA POY
- 2000 TSN Award combining academic, athletic and community involvement
- 3 Time McMaster Athlete of the Year

National Team Program

- 1994 - Junior National Team Captain
- 1996 - Under 22 National Team Captain
- 1999 - Canadian Student Team Captain

High School

- 1994 - OFSAA Gold
- 1995 - Ontario Provincial Team; Junior National Championship: Silver
- 1996 - Ontario Provincial Team; Junior National Championship: Gold

“Improve Your Game with Certified Teachers and Coaches”

“26 years of campers and counting ...”



Visit us at www.magabasketball.com for updates, information, maps and more!



WHERE GREAT SHOOTERS ARE MADE, NOT BORN!!

Where "Great Shooters" are made, not born! A "SHOOTING" specific week of basketball camp teaching athletes how to properly shoot the basketball. We make use of the "SHOOTING STRAP" to maintain our shooting form as well as the "NOTHIN BUT NET" shooting apparatus to help us achieve the perfect shot. The camp also emphasized classroom sessions where campers learn how to create their own shooting workout program and also learn about important issues regarding food nutrition (including before/during/after competition). Complete "VIDEO SHOT ANALYSIS" to help enhance your own understanding of proper technique. A camp that will help you and give you the tools to become a more CONSISTENT shooter.

Held at Bishop Tonnos High School



A Fundamentals skills camp that has been sold out for over 20 years. Fundamental skills are taught from the beginning and campers are grouped by age and skill level. No team is ever left waiting for a court and maximum participation is reached through a 4-court indoor facility coupled with our outstanding staff of basketball professionals. Register today and come be a part of a learning tradition!

Held at Cardinal Newman High School



The Guard Post Camp is a skill oriented camp focusing on both basic and advanced fundamentals. As the athletes are grouped according to their age and skill level, each group will learn the fundamentals that suit their level of advancement. A camp designed specifically covering skills that are vital to both guard and post play. The Guard Post Camp is offered at a time of year that gives each athlete a tremendous advantage going back to school. A week at this camp and you will be ready for the upcoming tryouts. A tremendous opportunity to compete against some of the top players in the area and gain valuable knowledge from the tremendous coaching staff that is present each year. Campers are to bring a bagged lunch and refreshments for each day. A Camp T-shirt will be provided.

Held at Bishop Tonnos High School

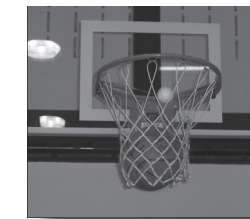
Check us out at www.mcgqbasketball.com

Camp Objectives:

- To provide a "SHOOTING" specific week of basketball camp
- To teach athletes how to train in the off-season
- Develop your own off-season workout in the classroom
- Learn how to build and record in a workout log
- To teach discipline and the concept of becoming a "Student of the Game"

Camp Emphasis:

- Daily Dozen Shooting
- The 3 pt Shot
- The Pull-Up Jump Shot
- Ballhandling
- Screening & Shooting off of a Screen
- Moves on the Move
- Jab Series / Stationary Moves
- Mastering the Shot fake
- Driving to the basket
- Pivoting with the basketball
- Passing the basketball
- Competitive Games, Competitions and Challenges
- Classroom time to develop and record your individual training program



"Nothin But Net"
Another way of making practice fun and more efficient!!



"The Shooting Strap"
A mechanism to ensure proper shooting form and consistent shooting results!!

Camp Objectives:

- To have fun
- To teach & develop basketball skills in every phase of the game
- To give ample individual instruction to each camper
- To provide competition which will enable each player to apply skills
- 4 - Air conditioned, full -size indoor courts
- Weight Training & Fitness Centre
- 20 Basketball Nets
- Centrally located, no parking fees and easy access by bus and highway.



Daily Schedule:

- 9:00 - 9:50 fundamentals, drills for game components, dribbling, passing, shooting
- 9:50 - 10:30 team games
- 10:30 - 11:30 guest speaker
- 11:30 - 12:15 lunch break *
- 12:15 - 1:00 3 on 3
- 1:00 - 1:45 team games
- 1:45 - 2:15 hot shot, foul shot competitions
- 2:15 - 3:00 1 on 1 competition

*Each camper must bring their own bag lunch and beverage. Campers are **not permitted** to leave the site to buy lunch.

Guard Skills To Be Covered:

- Recognize Zone/Man Defences
- Containment vs. Pressure Defence
- Leadership Skills - be an assistant coach on the floor!
- Getting your shot off against more talented opponents
- Passing into the Post
- Understanding Zone and Man Offensive Principles
- Initiating the Break

Post Skills To Be Covered:

- Footwork
- Post Defence
- High Post/Low Post Moves
- Screening & Sealing
- How to get Post Position
- Learn how to play in a Low Post/High Post Offence



Jon Maga, Teacher & Head Basketball Coach TDSS



Rob Welsh: Scholarship Basketball Player NCAA, Teacher & Coach at every level, OBA Gold Medalist Coach and Player



Graham Hewitt: Director, HWDSB Basketball Academy, OUA All-Star

Daily Camp Schedule

- Skill Stations
- Competitive Games
- Daily Clinic
- Shooting Competitions
- 1 on 1 & 3 on 3

Opportunity for older campers:

"Elite Training Techniques":
* The Weight Room Session teaches the athletic advantages of weight training, plyometrics and flexibility
** The Film Session enables the directors to speak technically and encourage the athletes to become a "Student of the Game".
*** The Hill Program is a running program designed to increase the athlete's Agility, Vertical Jump, and overall Lateral Quickness.