

APPLICATION - 2009 CENTRAL HOOP CLINIC

Male: _____ Female: _____ Adult Shirt Size (S, M, L, XL, 2XL): _____ Division Requested: _____ Year at Central Hoop Clinic: _____

NAME: _____ DATE OF BIRTH: _____ AGE: _____

ADDRESS: _____ HEIGHT: _____

CITY: _____ STATE: _____

PHONE: _____ SCHOOL (next yr.): _____ GRADE (Entering): _____

\$150.00 Individual Fee
Applications taken until July 17th only

Send check payable to:
CENTRAL HOOP CLINIC
c/o Donald Cushing/Gary Donahue, Directors
4 Shepherd Avenue, Dudley, MA 01571

I, the parent of the above son/daughter give my approval to participate in the Central Hoop Clinic and all its activities. I do assume all risks and hazards related to participation including transportation to and from the camp. I hereby waive, release, absolve, indemnify and agree to hold harmless Nichols College, Clinic Directors and Staff, other participants and persons transporting my son/daughter to the camp, for any claim resulting from any athletic, dental or bodily injury that may occur to my son/daughter while attending the camp.

DATE: _____ SIGNED: _____

DIRECTIONS TO NICHOLS COLLEGE

From Route I-395 North

Follow 1-395 North to Exit 2, Webster. Turn left off ramp and proceed onto Route 16 West to the first set of lights.*

From Route I-290 West

Take 1-290 West to Auburn, where 1-290 becomes 1-395 South to Exit 2, Webster. Turn right off ramp and proceed onto Route 16 West to the first set of lights.*

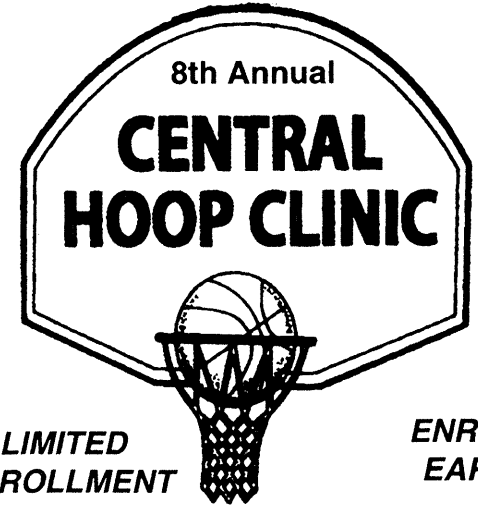
From Sturbridge/Southbridge

Follow Route 131 through Sturbridge, MA into Quinebaug, CT. Bear left onto Route 197 into Dudley, MA. Proceed 1.5 miles and turn left at the traffic light onto Airport Road. Bear right past the Dudley-Webster Golf Course and take the next left at the Nichols College sign onto Center Road. (Main Campus Road) for 0.5 miles.

*Go straight through the first set of traffic lights. Follow Route 12 South (Route 12 will turn left through Webster Center). After the railroad tracks continue straight into Dudley on Route 197 West (Route 12 will turn left at the traffic light; stay straight). After the Cumberland Farms store, turn right onto Airport Road. Follow to the Dudley-Webster Golf Course. Bear right and take the next left at the Nichols College sign onto Center Road. (Main Campus Road) and follow 0.5 miles and take left at sign which says Fieldhouse.

TWO WEEK CAMP SPECIAL OFFER

Available to all campers wishing to attend both the Tourtellotte Instructional Basketball Camp in Thompson, CT July 6 - July 10, 2009 **PLUS** the Central Hoop Clinic at Nichols College in Dudley, MA July 20 - July 23, 2009. The Central Hoop Clinic fee shall be reduced to **\$100.00** for that camper.



LIMITED ENROLLMENT

ENROLL EARLY

Monday, July 20

thru

Thursday, July 23, 2009

Boys and Girls • Ages 7 - 17

At

NICHOLS COLLEGE

Dudley, MA

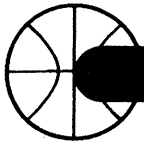


Don Cushing,
Co-Director
Former Bartlett H.S. and Nichols College Coach for 35 years
Present
Worcester State Coach

Gary Donahue,
Co-Director
Former College Coach At WPI and Nichols For 21 Years

For Further Information
Call . . . 508-943-8959

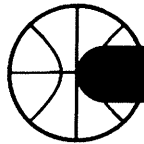




SPECIAL FEATURES



- ★ 13 Regulation Baskets Available for Instruction
- ★ Excellent Coaching Staff (college and high school)
- ★ Individual and Team Contests
- ★ Individual Instruction (1 coach to 10 athletes)
- ★ Camper Evaluation Report
- ★ Receive a Camp Shirt
- ★ Highlight and Instructional Films
- ★ Individual Awards



CLINIC PHILOSOPHY

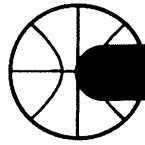


The Central Hoop Clinic is a week day co-educational experience held at Nichols College.

Our emphasis is on developing the skills in the Elementary, Middle and High School player thru grade 11. The program is also designed to teach fundamentals in the sport of basketball in a non-competitive learning environment.

Players will be grouped according to age and ability for both instructional group sessions and game competition.

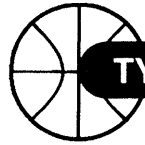
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CLINIC OBJECTIVES



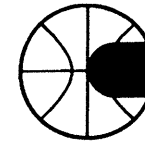
- ★ To teach and develop individual offensive and defensive skills.
- ★ To give each camper individual attention.
- ★ To promote correct basketball techniques thru an enjoyable and educational environment.
- ★ To provide local athletes with a quality team sport learning experience at a low cost expense.
- ★ To expose youngsters to a camp atmosphere which instills a fundamental knowledge of the game of basketball.



TYPICAL DAILY SCHEDULE



8:30	Clinic Doors Open
9:00 - 9:30	Clinic Meeting
9:30 - 10:05	First Station
10:10 - 10:45	Second Station
10:50 - 11:05	Team Practice Session
11:10 - 11:55	5-on-5 Full Court Game
11:55 - 12:35	Lunch (Pack a bag - soda sold)
	Free Throw Competition
	1-on-1 Competition
	2-on-2 Competition
12:40-12:55	Coaches Special of the Day
1:00 - 1:20	Hot Shoot Competition
1:25 - 2:00	Third Station
2:05 - 2:40	Fourth Station
2:45 - 3:30	5-on-5 Full Court Game
3:35	Clinic Day Ends
4:00	Clinic Doors Close



CLINIC PROGRAM



Campers divided into 2 Divisions by:

Age • Grade • Ability

★ NCAA - (Ages 7-11)

★ NBA - (Ages 11-17)

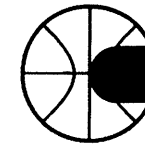
Each camper will play two games daily.

Campers will attend four stations daily.

- ★ Defense
- ★ Individual Offense and Shooting
- ★ Rebounding / Fast Break
- ★ Fundamentals
(Ball Handling, Dribbling, Passing)

1-on-1 and 2-on-2; fundamentals involving all campers.

Foul shooting and Hot Shot shooting charted on a daily basis.



AWARDS



- ★ Camper of the Week*
- ★ Most Improved Player*
- ★ Most Hustle*
- ★ 2-on-2 Champion*
- ★ 1-on-1 Champion*
- ★ Hot Shot Champion*
- ★ Best Free Throw Shooter*

Both Divisions to Receive Awards

*Denotes to Both Boys and Girls Recipients