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# East Coast Panthers Winter Basketball Camp

Tuesday, February 21st -Thursday, February 23rd

9:00 AM - 2:00 PM

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## Who:

Boys and Girls  
Grades 3 - 8

## Where:

Somers High School  
120 Primrose St,  
Lincolndale, NY 10540

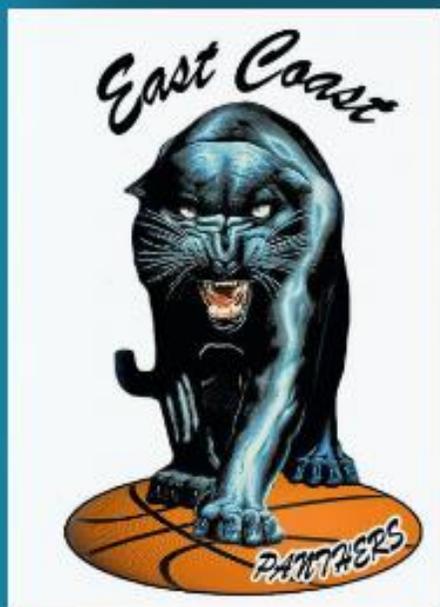
## What:

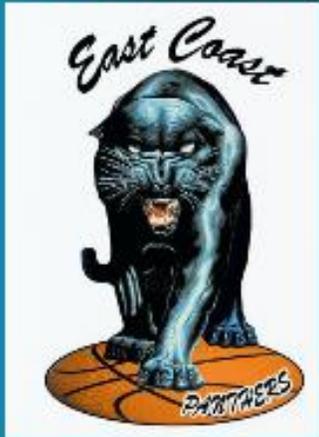
This camp is run by Coach DiCintio - Head Somers Boys Varsity Basketball coach, and is designed to focus on and develop the fundamentals of basketball.

**Cost: \$175**

## During the camp we will focus on:

- +Proper Dribbling Technique - crossovers, splits, and change direction
- +Footwork - layups and post play
- +Shooting - proper form, rotation, follow through and balance
- +Passing - release point, extension, and recognition for utilizing proper passes
- +Rebounding - catch it up / keep it up, chin the ball, outlets
- +Defense - stance, angle of approach, and help side responsibilities





# East Coast Panthers Winter Basketball Camp

## REGISTRATION

Gender: M F

PLAYER NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ EMERGENCY# \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

MEDICAL CONDITIONS \_\_\_\_\_

CURRENT GRADE: (Circle One) 3rd 4th 5th 6th 7th 8th

**PAYMENT:** payable to : East Coast Panthers  
4 Lakeside Ln + Yorktown Heights, NY 10598

As a participant in the above program, I recognize and acknowledge that there are certain risks of physical injury. I agree to assume the full risk of any injuries, damages or loss which I or my child may sustain as a result of such participation. I further understand that the Town of Somers does not provide accidental medical coverage and it is my responsibility to provide appropriate coverage. I agree to waive and relinquish all claims and hold harmless the Town of Somers Parks & Recreation, its officers, agents, and employees from any and all claims.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_