

# Next Level Basketball Camp 2011

Sunday, July 31, 2011

Time	Activity
1:00pm	Registration/check-in
2:30pm	Everyone down to gym; get balls put away, seated in bleachers
2:45pm	Welcome
3:00pm	Get everyone in teams, coaches take attendance
3:15pm	10 min mini games (evaluation)
4:15pm	Coach McBride Lecture
5:30pm	Dinner-coaches accompany team
6:30pm	Attendance
6:45pm	10 min mini games (evaluation)
7:45pm	Shipwreck, Mickey mouse
8:00pm	Olympics
8:45pm	Introduce Next Level Name Contest, dismiss to dorm
10:15pm	Lights out! Coaches Meeting-
<b>Monday, August 1, 2011</b>	
Time	Activity
7:30am	Wake up call-
8:30am	Early Bird Ball Handling (optional)
	Gun Workouts (optional)
9:00am	Attendance, announcements and warm-ups
9:15am	Defensive Stations
10:15pm	3 on 3 mini-lecture and demonstration
10:45am	Break up teams into 3 on 3 groups, play games
11:30am	Lunch
12:15pm	Optional Post workout
12:45pm	Attendance
1:00pm	Offensive Stations
2:00pm	Team Practices
2:30pm	Games

3:30pm	Talk about free throws- take with team
3:50pm	Olympics-Money Baskets
4:45pm	Dinner
5:00pm	(UVM WBB workout)
6:30pm	Attendance
6:45pm	Hotshot demo and team rounds of hotshot
7:30pm	Games
8:15pm	Olympics
8:45pm	Campers dismissed to dorms
10:00pm	In own room
10:15pm	Lights out

**Tuesday, August 2, 2011**

<b>Time</b>	<b>Activity</b>
7:30am	Wake up call
8:30am	Early Bird Ball Handling (optional)
8:30am	Gun Workouts (optional)
9:00am	Attendance and announcements, warm-up
9:20am	Defensive Stations-WNBA
	Defensive Stations- NCAA East
	Defensive Station-NCAA West
10:20am	Games
11:30am	Dismiss for lunch
12:15pm	Optional post workout- advanced only
12:45pm	attendance
1:00pm	Offensive Stations
1:45pm	Games
2:45pm	one on one- lecture and games
3:30pm	Lecture with Coach McBride-offensive moves
4:30pm	Dinner
5:50pm	Attendance
6:00pm	more rounds of 3 on 3
7:00pm	pool time or Lecture-TBA
8:15pm	College player Q & A: what it's like to play in college
8:45pm	Campers dismissed to dorms
10:00pm	In your own your room
10:15pm	Lights out

**Wednesday, August 3, 2011**

<b>Time</b>	<b>Activity</b>
7:30am	Wake up call
8:30am	Early Bird Ball Handling (optional)
	Gun workout
9:00am	Attendance and announcements
9:20am	stations
10:20am	Games
11:30am	Dismiss for lunch
12:15pm	Optional guard work with Coach McBride- advanced only
12:45pm	Attendance
1:00pm	Optional Pool time (1-3pm)
	if not swimming- film session

3:00pm	Lecture-Brady Holt
3:45pm	Full court drills/competitions
4:15pm	Talent show prep
4:45pm	Dinner
	UVM WBB workout
6:15pm	Attendance
6:30pm	Games
7:30pm	Talent show
9:00pm	Campers dismissed to dorms
10:15pm	Campers in own room
10:30pm	Lights out!

**Thursday, August 4, 2011**

<b>Time</b>	<b>Activity</b>
7:30am	Wake up call
9:00am	Attendance and announcements, warm-up
9:20am	Hot shot finals
	1 on 1 finals
	3 on 3 playoffs
10:20am	semi-final games/consolation games
11:20am	Olympics-Ultimate Challenge
11:30am	Lunch
12:30pm	Attendance
12:45pm	League Championship Games
1:45pm	Counselor Knockout
2:00pm	Awards Presentation
2:15pm	Final meeting with coach
2:30pm	Camp checkout