

Hi All,

We are holding a Central District/Starplex Skill Development Camp focusing on the fundamentals of basketball—Shooting, dribbling, rebounding, and defence. The purpose is to assist the development of Central juniors through quality off-season coaching at an affordable price. Players will be grouped according to skillsets and needs. We will also do combine testing over the two days. These will include 10 and 20 metre sprints, vertical jump, basketball agility run and flexibility testing. It will be fun yet informative.

The camp is held the week prior to resuming training. The perfect way to get back in the game before the season recommences.

| <b>Fundamental Skill Development<br/>Station 1&amp;2</b>  | <b>Elite Skill Development<br/>Station 3&amp;4</b>   |
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| <p data-bbox="172 748 719 853"><b><i>January 15<sup>th</sup> - 16<sup>th</sup>, 2015<br/>Starplex</i></b></p> <p data-bbox="108 904 783 1028"><b><i>Those requiring more basic and<br/>intermediate skill coaching<br/>(includes basketball combine testing)</i></b></p> <p data-bbox="189 1077 699 1240"><b><i>U10,U12,14's, Boys and Girls<br/>Check-In: 9:45 AM (each day)<br/>Times: 10:00 AM - 3:00 PM,<br/>Lunch: 12:00 PM - 1:00 PM</i></b></p> <p data-bbox="178 1290 711 1368"><b><i>Cost: Only \$60 for the two days<br/>\$40 for one day</i></b></p> | <p data-bbox="890 748 1437 853"><b><i>January 15<sup>th</sup> - 16<sup>th</sup>, 2015<br/>Starplex</i></b></p> <p data-bbox="826 904 1501 1028"><b><i>Those requiring more elite skill<br/>coaching<br/>(includes basketball combine testing)</i></b></p> <p data-bbox="908 1077 1417 1240"><b><i>U10,U12,14's, Boys and Girls<br/>Check-In: 9:45 AM (each day)<br/>Times: 10:00 AM - 3:00 PM,<br/>Lunch: 12:00 PM - 1:00 PM</i></b></p> <p data-bbox="896 1290 1430 1368"><b><i>Cost: Only \$60 for the two days<br/>\$40 for one day</i></b></p> |

**Confirmation by return email by December 18<sup>th</sup> 2014**

**Payment by January 10<sup>th</sup> 2015 at Starplex reception**

**Lunch:** Bring lunch or money for the Pec Dec (Café' located in Starplex).

**What to wear:** Central District Basketball Club uniform

**Coaches:** Kevin Brooks and Ricky Simpson will manage and lead the camp which will also include Starplex staff as assistant coaches

**For More Information**

Please Call Ricky on 08 8522 0659