



Excel in Basketball
 PO Box 3014
 Walnut Creek, CA 94598

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"Changing the world, one player at a time."

ENROLL ONLINE: Excelinbasketball.com



EXCEL IN BASKETBALL

2017 Camp Schedule and Application



Excel Junior Camp for Grades 1-3 (3:00pm-6:00pm)

Spring	April 3-6	at Ultimate Fieldhouse
Session 1	June 19-22	at Ultimate Fieldhouse
Session 2	July 10-13	at Ultimate Fieldhouse
Session 3	July 24-27	at St. Isidore (Danville)

Spring & Summer Day Camps for Grades 4-9 (9:00am-2:00pm)

Spring	April 3-7	at Ultimate Fieldhouse
Session 1	June 12-16	at Ultimate Fieldhouse
Session 2	June 19-23	at Ultimate Fieldhouse
Session 3	June 26-30	at Ultimate Fieldhouse
Session 4	July 3-7	at Ultimate Fieldhouse
Session 5	July 10-14	at Ultimate Fieldhouse
Session 6	July 17-21	at St. Isidore (Danville)
Session 7	July 24-28	at St. Isidore (Danville)
Competition Combine	July 31-Aug. 4	at Ultimate Fieldhouse
Winter	Dec. 26-30	at Ultimate Fieldhouse

Shooting Camps for Grades 4-12 (8:30am-11:45am)

Session 1	March 18-19	at Ultimate Fieldhouse
Session 2	June 24-25	at Ultimate Fieldhouse
Session 3	Sept 16-17	at Ultimate Fieldhouse
Session 4	Oct 21-22	at Ultimate Fieldhouse



Email: info@excelinbasketball.com Phone: 925-322-8872 Website: Excelinbasketball.com



THE ULTIMATE FIELDHOUSE



We are excited to host the majority of our camps at our new headquarters, The John Muir Health Ultimate Fieldhouse. This brand new 40,000 square foot "State of the Art" basketball facility features four regulation basketball courts and a total of 32 indoor baskets!



What You Can Expect in a Day of Excel!

Fundamentals

Camp begins each day with Fundamental Learning Stations. Each camper rotates through stations gaining maximum repetitions on a wide variety of basketball skills.

Shooting Analysis

Each camper's shot is videotaped and analyzed in a 1 on 1 session with the camper. The staff dissects the player's shot teaching the BLESB technique that was created here at Excel.

Competition

Each camper will compete in one on one competition against children in their own age group, developing one on one skills while preparing for the Camp Championships on Friday. Campers also compete for Camp Free Throw Champion Awards in each age division. Daily 3 on 3 Contests teach the campers perfect defensive and offensive movement and habits. Each camper will also play in 2 "League Games" each day.

Motivational, Life Skills Learning Sessions

Coaches meet with the campers each day providing motivational stories, anecdotes to guide players toward becoming the best people they can possibly be.

Organization, Efficient Use of Camp Time

Camp is "up and running" on Monday by 9:05 each day. Campers are organized and ready to go, able to maximize every second of camp. There is no "down time." From games to lectures to free throws to dribble series to ballhandling, fast break activities, a comprehensive day, designed to enhance each second to allow your child to improve.

Great Instruction

The Excel Family is constantly teaching, inspiring and motivating players to become the best they can be. Camp Directors, Brian Sullivan, Frank Allocco, Jr., and Chris Whirlow bring a wealth of experience and commitment to kids. Most of the Coaches are "Excel Alumni" who bring their passion to camp each day.

Pictured to the right, former Excel campers: BRYAN LEE (Grand Canyon), MARCUS LEE (KENTUCKY/CAL) & BEAU LEVESQUE (ST. MARY'S) speak to the campers.



2017 Camp Schedule

March 18-19	Shooting Camp 1
April 3-7	Spring Break Camp
April 3-6	Spring Junior Camp
June 12-16	Session 1 Day Camp
June 19-23	Session 2 Day Camp
June 19-22	Junior Camp 1
June 24-25	Shooting Camp 2
June 26-30	Session 3 Day Camp
July 3-7	Session 4 Day Camp
July 10-14	Session 5 Day Camp
July 10-13	Junior Camp 2
July 17-21	Session 6 Day Camp
July 24-28	Session 7 Day Camp
July 24-27	Junior Camp 3
Sept. 16-17	Shooting Camp 3
July 31-Aug 4	Competition Combine
Dec. 26-30	Winter Break Camp



WEEK LONG DAY CAMPS

For Boys and Girls In Grades 4-9 (In Fall 2017)

Session	Location	Dates	Grade Level (in Fall of 2017)
Spring	Ultimate Fieldhouse	Apr 3-7	Grades 4-9 Boys & Girls
1	Ultimate Fieldhouse	June 12-16	Grades 4-9 Boys & Girls
2	Ultimate Fieldhouse	June 19-23	Grades 4-9 Boys & Girls
3	Ultimate Fieldhouse	June 26-30	Grades 4-9 Boys & Girls
4	Ultimate Fieldhouse	July 3-7	Grades 4-9 Boys & Girls
5	Ultimate Fieldhouse	July 10-14	Grades 4-9 Boys & Girls
6	St. Isidore (Danville)	July 17-21	Grades 4-9 Boys & Girls
7	St. Isidore (Danville)	July 24-28	Grades 4-9 Boys & Girls
CC*	Ultimate Fieldhouse	July 31-Aug 4	Grades 4-9 Boys & Girls
Winter	Ultimate Fieldhouse	Dec 26-30	Grades 4-9 Boys & Girls

CC=Competition Combine is a different format than our traditional day camps. See below for more info.



Locations:

Ultimate Fieldhouse • 2675 Mitchell Dr. • Walnut Creek, CA
St Isidore • 435 La Gonda Way • Danville, CA

Day Camps - Daily Schedule: 9:00 AM - 2:00 PM

Juice provided at lunch, campers provide their own lunch

- Station Drills stress passing, shooting, defense, dribbling, ball handling, offensive moves, rebounding, shooting machines & game situations
- Daily Lectures on key aspects of the game
- Free Throws emphasis & competition
- "Pistol Pete" Ballhandling Drills
- Defensive Drill Emphasis each day in our lectures & stations
- One on One play & competition
- Two "League Games" & practice sessions every day
- Offensive movement principles via competitive 3-on-3
- Dribble Series - Challenging dribbling exercises to develop dribbling skills.



Tuition: \$225.00 Fee includes: Camp T-shirt, awards & a fun session of intensive instruction and team play. A non-refundable deposit of \$125.00 per session or full payment will reserve your place in camp.

Film: The mechanics of each camper's shot will be videotaped & individually analyzed.

Awards: Player's receive an individualized Evaluation Card. Age group awards for foul shooting & one on one champions. Outstanding Player, Best Defense, Most Improved, Station Master, & Most Inspirational Awards in each league.

Registration: Register ONLINE today. Registration is on a first come, first served basis. **Camps are expected to sell-out.**

AM/PM CARE IS NOW AVAILABLE AT DAY CAMPS

Now campers can join us early and stay after camp!

- AM CARE: 8:00 am-9:00 am M-F • \$50 per week per camper •
- PM CARE: 2 pm-4:30 pm M-F • \$100 per week per camper •
- AM/PM CARE: Come Early, Stay Late • \$125 per week per camper •

NEW: THE EXCEL COMPETITION COMBINE • July 31-August 4 • 9:00 AM - 2:00 PM

All new in 2017 is the Excel Competition Combine!

Daily Instruction:

- Advanced basketball skills
- Speed, agility, quickness & strength drills
- Numerous competitions via drills, testing and games
- Daily lectures on developing the competitive edge

Competition & Combine Work: Players will learn to compete at the competition combine. They will take the skills developed & apply them to the following competitions throughout the week:

- NBA like All-Star Skills Combine (passing, ball-handling, shooting)
- 1v1 competition • 3v3 Competition • 5v5 Competition
- 40-Yard Dash • Free Throw Contest • Speed Competition

JUNIOR CAMPS

For Boys and Girls
Grades 1-3 (In Fall 2017)

Junior Basketballs and Lower Hoops!!

Great introduction to the "Excel Experience" in shorter hours

Session	Dates	Time	Grade	Location
Spring	April 3-6	3-6 PM	Grades 1-3	Ultimate Fieldhouse
1	June 19-22	3-6 PM	Grades 1-3	Ultimate Fieldhouse
2	July 10-13	3-6 PM	Grades 1-3	Ultimate Fieldhouse
3	July 24-27	3-6 PM	Grades 1-3	St. Isidore (Danville)

Camp is Monday thru Thursday. 3 hour daily sessions include:

Station drills: Passing, shooting, defense, dribbling, rebounding, ballhandling, offensive moves and game situations

2 Games per Day • Lectures on Key Aspects of the Game

Dribble Series • Ballhandling Series • "Perfect Passing"



Jr. Camp Tuition

\$135.00 per session, includes a T-shirt & a challenging session of detailed instruction, fun, and team play.

Enroll ONLINE at Excelinbasketball.com
 Online registration is Faster, Easier & Reserves your spot immediately!

Excel in Basketball Application 2017

indicate session(s) desired on the right of form:

Name _____ Male _____ Female _____

Address _____

City _____ State _____ Zip _____

Parent's Name _____

Confirmation/Receipts will be sent via e-mail. Put us on your safe list.

email address 1: _____

email address 2: _____

Home Phone _____ Emerg. Phone _____

Family Doctor _____

School _____ **Grade as of Fall 2017**

Date of Birth _____ Age _____ Height _____

Circle T-Shirt Size: **Youth:** YM YL **Adult:** AS AM AL XL

Parent's Consent/Waiver

I hereby give my consent for my child to participate in all activities at the "Excel in Basketball" Day Camp. I declare that my child is in good physical condition. I hereby give the Staff of "Excel in Basketball" permission to render such medical and hospital care as, in their judgment, may seem advisable for my child. I hereby state that we have adequate medical coverage and hereby release Excel in Basketball, its Officers, Agents, Servants, and Employees from any and all liability with respect to any injuries that may be sustained by our child while going to, while engaging in, and returning from this activity. I will not hold the Staff of "Excel in Basketball" liable for any injuries incurred during the camp session. I grant "Excel in Basketball" the right to use pictures, video and other media of my child taken at camps for promotional purposes.

Parent's Signature _____

Proof of Insurance

Policy No. _____

Name of Company _____

Please inform us of any physical disabilities or medical conditions which would effect your child's participation at camp in the space provided below.

Full Payment or a non-refundable deposit payable shall accompany this application. Make checks payable to:

"Excel in Basketball, Inc."

PO Box 3014 • Walnut Creek, CA • 94598 • Phone: 925-322-8872

WEEK LONG DAY CAMPS Tuition: \$225

Spring & Summer Day Camps

Session	Dates	Grades (in Fall of 2017)	Location
<input type="checkbox"/> Spring Break	April 3-7	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> Session 1	June 12-16	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> Session 2	June 19-23	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> Session 3	June 26-30	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> Session 4	July 3-7	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> Session 5	July 10-14	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> Session 6	July 17-21	Boys & Girls Grades 4-9	St. Isidore (Danville)
<input type="checkbox"/> Session 7	July 24-28	Boys & Girls Grades 4-9	St. Isidore (Danville)
<input type="checkbox"/> Competition Combine	July 31-Aug 4	Boys & Girls Grades 4-9	Ultimate Fieldhouse
<input type="checkbox"/> Winter Break	Dec 26-30	Boys & Girls Grades 4-9	Ultimate Fieldhouse

TO ADD AM/PM CARE, ENROLL ONLINE

Spring/Summer Day Camp Payments • Enclosed is:

- | | | |
|--------------------------------------------------|--------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Payment in full | <input type="checkbox"/> \$375 deposit - 3 weeks | <input type="checkbox"/> \$750 deposit - 6 weeks |
| <input type="checkbox"/> \$125 deposit - 1 week | <input type="checkbox"/> \$500 deposit - 4 weeks | <input type="checkbox"/> \$875 deposit - 7 weeks |
| <input type="checkbox"/> \$250 deposit - 2 weeks | <input type="checkbox"/> \$625 deposit - 5 weeks | <input type="checkbox"/> \$1000 deposit - 8 weeks |

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JUNIOR CAMPS Tuition: \$135

Excel Junior Day Camp:

Session	Dates	Grade (in Fall 2017)	Location
<input type="checkbox"/> Jr Camp Sp	April 3-6	Boys & Girls Grades 1-3	Ultimate Fieldhouse
<input type="checkbox"/> Jr Camp 1	June 19-22	Boys & Girls Grades 1-3	Ultimate Fieldhouse
<input type="checkbox"/> Jr Camp 2	July 10-13	Boys & Girls Grades 1-3	Ultimate Fieldhouse
<input type="checkbox"/> Jr Camp 3	July 24-27	Boys & Girls Grades 1-3	St. Isidore (Danville)

- 1 Session: \$135 2 Sessions: \$270 3 Sessions: \$405 4 Sessions: \$540

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SHOOTING CAMPS Tuition: \$105

Shooting Camp:

Session	Dates	Grade (in Fall 2017)	Location
<input type="checkbox"/> Shooting Camp 1	March 18-19	Boys & Girls Grades 4-12	Ultimate Fieldhouse
<input type="checkbox"/> Shooting Camp 2	June 24-25	Boys & Girls Grades 4-12	Ultimate Fieldhouse
<input type="checkbox"/> Shooting Camp 3	Sept 16-17	Boys & Girls Grades 4-12	Ultimate Fieldhouse
<input type="checkbox"/> Shooting Camp 4	Oct 21-22	Boys & Girls Grades 4-12	Ultimate Fieldhouse

- 1 Session: \$105 2 Sessions: \$210 3 Sessions: \$315 4 Sessions: \$420

SHOOTING CAMPS

For Boys and Girls
 Grades 4-12 (In Fall 2017)

Session	Date	Time	Location
Shooting Camp 1	March 18-19	8:30-11:45AM	Ultimate Fieldhouse
Shooting Camp 2	June 24-25	8:30-11:45AM	Ultimate Fieldhouse
Shooting Camp 3	Sept 16-17	8:30-11:45AM	Ultimate Fieldhouse
Shooting Camp 4	Oct 21-22	8:30-11:45AM	Ultimate Fieldhouse

For serious players looking to improve their skills or learn the proper fundamentals to excel in the "science of shooting." 6.5 hours of in-depth instruction focuses on the basics of shooting. Provides detailed video shooting analysis, competitive shooting drills and establishes practice patterns that will guarantee success.

Staff: 1:8 coaches/players ratio provides individual attention

Grouping: Players grouped according to age, size, and ability

Instruction Includes: Stance, grip, shooting preparation, technique of shooting and practice patterns. Further instruction includes: using screens on and off the ball, shooting on the move and off of offensive moves.

Stations: Station drills focus on key fundamentals of shooting and shot preparation.



Shooting Camp Tuition

\$105.00 Tuition includes camp T-Shirt, plus two fun and challenging days of instruction and drills.