

Typical Camp Day

- 9:00 – Attendance and Stretch
- 9:10 – Ballhandling Lines
- 9:30 – Waterbreak
- 9:35 – Form Shooting
- 9:55 – Stations (offensive and defensive skill work)
- 10:30 – Waterbreak
- 10:35 – Morning Games
- 11:30 – Lunch
- 12:00 – Attendance then Money Basket (shooting competition)
- 12:20 – 3 on 3 Principles
- 12:50 – 3 on 3 Tournament
- 1:20 – Waterbreak
- 1:25 – Fast Break Drill
- 1:40 – Team Practice
- 2:00 – Afternoon Games
- 3:00 – Attendance/Dismissal

CAMP FEATURES

- Instruction from the Norwood High Basketball coaching staff
- Low player-coach ratio
- Free t-shirt
- Team competition based on age and ability (minimum of 2 games a day)
- Strong emphasis on individual skill development
- Daily shooting and ball-handling drills
- Emphasis on basic offensive and defensive concepts through extensive 3 on 3 drills and games
- Enthusiastic and knowledgeable staff of former and current high school players
- Personalized attention to each camper and a player evaluation at the end of the



The 2015-2016 Varsity Team following our victory at the Dunkin Donuts Center in Providence, R.I.

Questions???

Please direct all questions to Rich Cormier at norwoodmustangsbasketball@hotmail.com or by phone at 339-788-1001 .

This camp must comply with the Massachusetts Department of Public Health and be licensed by the Town of Norwood Board of Health.



The 2015-2016 Girls Varsity Team on "Lay-ups for Lauren Night"



"First Master the Fundamentals" - Larry Bird

E-mail: norwoodmustangsbasketball@hotmail.com

**NORWOOD HIGH
SCHOOL PRESENTS**



**Norwood
Mustangs 2016
Basketball Camp**



July 11th-July 15th
Boys and Girls
Entering Grades 1-9

9AM-3PM Mon-Fri

Norwood High School
245 Nichols St, Norwood, MA

Tuition: \$200 (\$175 if registered before 6/1/16)

STAFF

Rich Cormier, the Boys Varsity Basketball Coach at Norwood High School serves as the director of the Mustangs Basketball Camp. Coach Cormier is entering his 10th year as the head coach at NHS. Coach Cormier is also a teacher and dean at Norwood High School. We are excited to announce the addition of Amy Lepley, the Girls Varsity Coach, to our staff. Coach Lepley is entering her 2nd season as the head coach at NHS and also teaches in the Math Department. Additionally, Joseph Oliver, the Boys JV coach and Paul Nimblett, the Boys Freshmen coach will serve as Assistant Directors. Coach Oliver is entering his 8th year as a coach at NHS, and Coach Nimblett is entering his 7th year on staff. Both Coach Oliver and Coach Nimblett teach at the Coakley Middle School.

Additionally, current and former members of the boys and girls basketball teams will be working as coaches. These young men and women do a tremendous job coaching the campers and enthusiastically guiding them through stations and games while also eating lunch with the campers and monitoring the gym in the morning and afternoons. The directors and coaches aspire to create an atmosphere in which learning and hard work goes hand-in-hand to foster improvement while ensuring that each camper has a great week filled with individual attention and fun!

FIRST AID

The camp staff also includes a trainer who will be on hand all day long to handle any routine injuries. Should an injury require further attention and/or emergency treatment we will transport the camper immediately to a local hospital. Parents/Guardians will be notified immediately should this occur. Parents/Guardians have the right to review background checks, health care, discipline policies and grievance procedures upon request.



2014 College Champions coached by TG Ugochukwu and Brian Wright

MISSION STATEMENT

The Norwood Mustangs Basketball Camp is committed to providing the finest teaching and learning environment possible for young players in Norwood to learn about the game of basketball while having fun. Our camp will make every effort to improve the individual skill level of each player and provide high quality instruction. We strive to create a positive atmosphere that teaches the values of learning, competition and personal growth. We will fully appreciate each and every camper in their development as basketball players and as people.



Fun and Excitement at Camp

COST and LOCATION

The non-refundable price of the camp is \$200. This includes tuition and a camp t-shirt. The check is payable to Norwood High School Basketball. Payment plans available upon request. If registered before June 1, 2016 the cost will be \$175 (\$25 discount for early registration)

Refunds for injuries that occur prior to the first day of camp will be issued if documented by a doctor's note.

Our camp is located at Norwood High School at 245 Nichols St, Norwood, MA, 02062.

LUNCH – SNACKS and DRINKS

Snacks and drinks will be available for purchase during lunch. Campers are encouraged to bring their own lunch, healthy snacks and plenty of water or sports drink. Campers will have access to their drinks during water-breaks along with water coolers around the gym.

ARRIVAL and DEPARTURE

Registration begins at 7:45am on Monday. Campers may arrive at 8:15am on the remaining days to shoot-around. Camp will begin promptly at 9:00am and dismissal will be at 3:00pm. Families are invited to attend throughout the week. Any camper who needs to be dismissed must have a letter from a parent/guardian stating the time of dismissal. Any camper who will be going home with another parent also needs a letter from a parent/guardian stating this request ahead of time.

We will have an award ceremony following the championship games on Friday beginning at 1:30pm. All are invited to attend and camp will be dismissed for the week following the ceremony.

2016 Norwood Mustangs Basketball Camp

Registration Form

Norwood High School Tuition: \$200 (\$175 before 6/1/16)
Norwood, MA 02062 July 11th – July 15th

Email: norwoodmustangsbasketball@hotmail.com

Name: _____

Address: _____

Phone: _____ Date of Birth: _____

Email: _____

As of September 1, 2016, I will be in _____ Grade

T-Shirt Size: Youth/ Adult S M L XL
(please circle) (please circle)

In case of medical emergency, I understand every attempt will be made to contact parents or guardians. If they cannot be reached, I hereby give my permission to the physician selected by the Norwood Mustangs Basketball Camp, to hospitalize and secure medical treatment for my child.

The person enrolling at Norwood Mustangs Basketball Camp, parent or parents or legal guardian assumes all risk of loss of property or injury to the person, including injuries resulting in death caused by or incidental to dangers associated with basketball activities and agree that there are certain inherent dangers related to basketball participation and therefore, agrees to hold Norwood Public Schools and the Norwood Mustang Basketball Camp, its owners and employees harmless and specifically agree not to make any claim against Norwood Public Schools for any of these injuries which would normally be considered to be a normal risk associated with participation in basketball activity.

Signature: _____ Date: _____

Health Insurance Co. _____

Address: _____

Policy Number: _____

In case of emergency, call:

*******A medical record of the camper must accompany this application, including, but not limited to all precautions the camp directors should be aware of, such as allergies, diabetes, recent illnesses, etc.**

Send Applications to: Rich Cormier, Director
Norwood Mustangs Basketball Camp
Norwood High School
245 Nichols St
Norwood, MA 02062

***Non-refundable amount of \$200 (\$175 prior to 6/1/16), payable to Norwood High School Basketball, is due with this application**