

Waiver and Release

I _____ being the natural parent/legal guardian of _____ state that my son/daughter is physically fit to participate in strenuous athletic activity, and know of no medical reason prohibiting my child from participating in this basketball camp.

I waive OOS & AHh's Skills and Drills Basketball Camp LLC, its officers, and employees of any and all responsibility for injury or illness. I hereby authorize the director of OOS & AHh's Skills and Drills Basketball Camp LLC to act for me according to their best judgment in case of any such medical emergency and must provide proof of medical and accident insurance.

Child's Name _____

Address: _____

City: _____

Grade _____ Sex _____ Age _____

Home Phone # _____

Work Phone # _____

Emergency Contact 1 _____

Emergency Contact 2 _____

Name of Family Doctor _____

Allergies/Medications _____

Name of Family Doctor _____

Allergies/Medications _____

Insurance Co. Name _____

Insurance Co. Policy # _____

Insurance Co. Group # _____

Parent/Legal Guardian Signature _____

Date _____

2023 Daily Schedule

8:30 - 8:45 Open Gym

8:45 - 9:00 Stretch & Warm Up

9:00 - 9:15 Instructional

Lecture & Preview

9:15 - 11:00 Skills Development

Agility, ball handling

Shooting, defense,

Rebounding, Post and

Perimeter play, and

Transition

11:00 - 12:00 Full Court Games & Situational Strategies

12:00 - 12:30 Camp competition and games, free throws, 2 - ball, 3 - Pt. Knockout

12:30 - 1:00 Lunch



BASKETBALL CAMP

Red Mill Elementary School

225 McCullough Place

Rensselaer, NY 12144

8:30 am - 1:00 pm

2023

Boys Ages 12 - 18

☐ **Session 1 July 24 - 28**

☐ **Session II July 31 - Aug. 4**

Personalized Instruction

25 Campers Per Session

Improve Your

Knowledge & Skills

8:30 - 1:00 pm



CURTIS SANKEY

Camp Director/Coach

A local standout, student of the game for over 35 years, and current varsity boys' basketball coach at Columbia High School in East Greenbush, NY. Coach Sankey has provided basketball instructional tips for many of your, high school and college players that have helped make their experience rewarding. OOS & AHh's 20th year of existence and attracting the attention of many athletes who want to develop their skills.

NYS-certified physical education teacher with concentrations in Sports Medicine and Sports Management, coach Sankey continues to educate himself on the game of basketball by attending numerous basketball clinics to refine his teaching skills. He also guest speaks, works, and coaches at various camps in and outside of the Capital Region.

Competing at the college level and later with The USDBL All-Stars, he knows what it takes for athletes to succeed. He notes that players who are in top physical condition and ready to work will benefit the most from attending OOS&AHh's Skills and Drills Camp.

Camp Dicipines

- **Conditioning & Nutrition**
- **Fundamental Passing**
- **Ball Handling**
- **Footwork & Agility**
- **Rebounding**
- **Reading Defenses**
- **Pressure Defense**
- **Transition Defense**

- ❖ **Game Situational Strategies**
- ❖ **Defensive Fundamentals**
- ❖ **Shooting Fundamentals**
- ❖ **Triple Threat**
- ❖ **Shooting off the Dribble**
- ❖ **Catch Facing Shooting**
- ❖ **Free Throw Shooting**

Contest Friday
Practice, Practice, Practice



REGISTRATION FORM

Name: _____

Address: _____

City: State: Zip: _____

Age _____ Grade _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Emergency Contact Person: _____

Emergency Contact Ph. # _____

Insurance Co. Policy #: _____

Insurance Co. Name: _____

Adult T-Shirt Size: (Circle) S M L XL XXL

Youth T-Shirt: Size (Circle) M L

Email Address: _____

Cost: \$265.00

Make Checks Payable to:
OOS & AHh's Skills and Drills
Basketball Camp LLC
403 Worthington Terrace
Wynantskill, NY 12198
% Coach Sankey