



# MILFORD TITAN BASKETBALL CAMP

**Souhegan Valley Boys and Girls Club Gym**

**Open to Girls and Boys**

Grades 5-8 July 9-13 9:00 am – 3:00 pm \$150 (Add \$10 after June 15<sup>th</sup>)  
\$ 90 (B&G Club Members register through the club)

Grades 2-5 July 16-20 9:00 am – 12:00 pm \$ 90 (Add \$10 after June 15<sup>th</sup>)  
\$ 60 (B&G Club Members register through the club)

## **Camp Director – Don Gutterson**

Physical Education Teacher, Athletic Director and Boys' Basketball Coach at Milford Middle School. Past experiences include coaching boys' and girls' basketball at the Middle School, Junior Varsity, Varsity and Collegiate Levels for the past 33 years. Has worked and directed basketball camps for 35 years.

**Camp Coaches/Counselors** – Local Coaches and Former/Current High School/College Players

**Camp Philosophy** – To teach players the individual skills and knowledge necessary to play at the next level with an emphasis on offensive and defensive footwork. Instruction will be combined with small-sided games and various competitions to create a fun, yet structured atmosphere.

Every Camper will receive a reversible jersey. Prizes/Medals will be presented daily and at the end of each session for various competitions and weekly awards. Basketballs are available for purchase for an additional \$10 fee.

## **Typical Schedule**

**Grades 5-8**  
8:45 Open Gym/Registration  
9:00 Warm-Up/Stretching  
9:15 Footwork/Ball Handling  
10:00 Daily Lecture  
10:45 Stations  
11:30 3 on 3 Games  
12:00 Lunch  
12:30 Daily Free Throws  
12:45 Individual/Team Defense  
1:30 Camp Activity  
2:00 5 on 5 Games  
2:45 Team Shooting  
2:55 Daily Awards  
3:00 Camp Wrap Up

**Grades 2-5**  
8:45 Open Gym/Registration  
9:00 Warm Up Stretching  
9:15 Footwork/Ball Handling  
10:00 Shooting/Free Throws  
10:25 Daily Lecture  
10:45 Snack Break  
11:00 Camp Activity  
11:15 3 on 3 Games  
11:45 Team Shooting  
11:55 Daily Awards  
12:00 Camp Wrap Up

# Milford Titan Basketball Camp Application Form

To reserve a spot, complete the following and send a \$75.00 deposit to Don Gutterson, 1 Sunset Circle, Milford, NH 03055 by June 15th, 2018. The remaining balance can be paid on the first morning of camp. Any application after June 15<sup>th</sup> will be charged a \$10 late fee. Openings will be available on a first come first serve basis and may be available until the first morning of camp. Checks should be made payable to "Milford Middle School" For more information, call or email Don Gutterson at 801-6097, dgutterson@milfordk12.org. Boys and Girls Club Members are asked to register through the Club.

Name : \_\_\_\_\_

Address : \_\_\_\_\_

City ; \_\_\_\_\_ St. \_\_\_\_\_ Zip ; \_\_\_\_\_

Home Phone : \_\_\_\_\_ Emer. Phone : \_\_\_\_\_

Email : \_\_\_\_\_

Insurance Carrier & ID ; \_\_\_\_\_

Entering Grade: \_\_\_\_\_ Week - \_\_\_\_\_ July 9-13(5-8) \_\_\_\_\_ July 16-20(2-5)

Jersey Size(Circle One) - Youth - M L Adult- S M L XL

Basketball – Check a size (Additional \$10 Fee) - \_\_\_Youth \_\_\_Womens \_\_\_Mens

Please enroll my son/daughter in your camp. I acknowledge an awareness that participation in camp involves a risk of injury, which may be unavoidable, and may include severe injuries possibly involving paralysis, permanent mental disability or death. I understand that the camp director or anyone involved in the basketball camp, the Milford School District, or the Souhegan Valley Boys' and Girls' Club will not assume responsibility for accidents and medical or dental expenses incurred as a result of participation in this program. The applicant is covered by our family insurance, is in good health, and able to participate in the physical activity of a vigorous program. I hereby authorize the camp director to act for me according to their best judgment in any emergency requiring medical attention.

Parent /Guardian Name(s) : \_\_\_\_\_

Parent /Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Check #: \_\_\_\_\_ Balance Due: \_\_\_\_\_

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## What to Bring: **Boys and Girls Club Gym – Milford, NH**

Shorts/T-Shirt and the Reversible Jersey(Given on the first day)

Basketball Sneakers

Lunch/Snack (Snack only for Half Day Camp)

Water/Sports Drink – Cooler of Water will be available daily.

Basketball – Can be purchased if you do not have one.

Sun Block – Some activities may take place at the outdoor baskets.