



SUMMER SPORTS CAMP

2019 SCHEDULE: JULY - AUGUST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

JULY 8-12



8

3 X 3 Drills



9

TOURNAMENT TUESDAY

Beating the Zone



10

All-Star Stations



11

Tournament Day



12

Inter Camp Game

WEEK 2

JULY 15-19



15

Shooting /
Dribbling Drills
Weekly Draft



16

TOURNAMENT TUESDAY

3 Point shooting
contest



17

Ballhandling
Skills



18

& Late Night BBQ



19

Game VS CGI Roslyn

WEEK 3

JULY 22-26



22

Daily Dozen Drills



23

TOURNAMENT TUESDAY

Defense



24

Agility Wednesdays



25

& Late Night BBQ



26

Game VS CGI Queens

WEEK 4

JULY 29- AUG. 2



29

3 X 3 Drills



30

TOURNAMENT TUESDAY

Beating the Zone



31

All-Star Stations



1

Intense Stamina Drills
Free Throw Contest

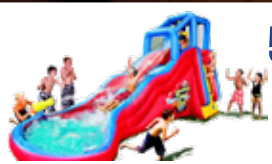


2

Game VS CGI

WEEK 5

AUGUST 5-9



5

Ball Handling



6

TOURNAMENT TUESDAY

Defensive Schemes



7

Water Slides



8

Learning NEW plays



9

Game VS CGI Queens

WEEK 6

AUGUST 12-16



12



13

TOURNAMENT TUESDAY



14

Drone Flying



15

& BBQ



16

Inter Camp Game