

# Chieftain Basketball Camp

Led By High School Coaching Staff  
Steve Heintz, Ben Davis, Kevin Barboza, Joey Dussi and more



**June 19-23, 2023**

**\*\*9 am – 3 pm daily\*\***

**Monday the 19<sup>th</sup> hours will be 11 am – 3 pm: Registration at 10:15!**  
**\*\* (Due to Federal Holiday – drop-off/registration and pickup will be at Boxford Commons) \*\***

**For Girls and Boys Entering 4<sup>th</sup> – 9<sup>th</sup> Grades**  
(3<sup>rd</sup> graders welcome if accompanying older sibling)

**Masconomet Regional High School Gym and Fieldhouse**

**Camp Cost: \$150**

**Sibling Discount - \$10 off every next sibling!**

Because of Monday's modified schedule discounts will be made to the fall clinics for those who attend camp

**This camp will focus on the fundamentals of basketball and provide the basis for every player to be successful.**

**We believe that every player must be skilled at ballhandling/dribbling, shoot the ball with correct mechanics, pass effectively, defend with good technique and aggressiveness, and learn to move without the ball – our sessions will progressively and repeatedly teach and reinforce each of these and other skills.**

**Players will also learn to accomplish these skills in game situations and competitions.**

**How to train and work out like a good player will also be a part of the week's instruction. Speed, strength, and explosiveness are important, even for young players, and so instruction will be provided to help each player become a better athlete.**

## Tentative Schedule

9:00 – 9:15	Warmup/Stretching
10:00 – 11:00	Fundamental of the Day Demo, Breakout
11:00 – 11:10	Water Break
11:15 – 11:45	Competition
11:45 – 12:30	Lunch (individual instruction)
12:30 – 1:30	Stations
1:30 – 2:00	Shooting Instruction
2:00 – 2:45	Competitions and Games
2:45 – 3:00	Highlights/Recognitions
3:00	Dismissal



**What to Bring:**

Lunch each day

Water bottle(s)/sports drinks for the day – extra water will be provided

Good comfortable basketball sneakers

Extra t-shirt as necessary

Bag for your items during each session

Please label your belongings!

You may bring your own basketball, please be sure it's labeled

**Small gift for every camper  
Prizes for competition winners**

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**Registration Form**

**(bring with payment on first day of camp – remember drop-off will be at Boxford Commons on June 19<sup>th</sup> beginning at 10:15 am\*)**

**Name** \_\_\_\_\_

**M/F** \_\_\_\_\_ **DOB** \_\_\_\_\_ **Grade Entering** \_\_\_\_\_

**Address (Street #, Town, Zip** \_\_\_\_\_

**Email** \_\_\_\_\_

**Best Contact Phone #/Person** \_\_\_\_\_

**Special Instructions (allergies, asthma, etc.)** \_\_\_\_\_

**Notes** \_\_\_\_\_

**Cash or Venmo payments only please!! Venmo address will be given at registration  
\*(Registration on June 19 begins at 8:30 am – payment at registration on the 19<sup>th</sup>)**

**For questions or to reserve a spot - email Steve Heintz at [sheintz@masconomet.org](mailto:sheintz@masconomet.org)  
Camp Phone # During Camp: Kevin Barboza 978.804.6534**

**Go Chieftains!**