

Camp Staff

The Middletown “Gym Rat” Basketball Camp staff includes coaches, recent graduates, and current players of the Middletown High School program. Several of this year’s counselors will be college players next season. These young men who are products of the basketball program will work closely with the youngsters each day. They will help the campers improve their skills while offering positive reinforcement and plenty of encouragement. The counselors will also provide constructive comments to assist each camper as he develops.

Typical Camp Day

8:30—8:45	Stretching and Warm-Up
8:45—10:00	Skill Development
10:00—10:15	Meet with counselors
10:15—11:30	4-on-4 Games
11:30—12:00	Free Throws, Hot Spots
12:00—12:30	Lunch
12:30—1:45	3-on-3 Games
1:45—2:00	Door prizes, dismissal

“Good basketball teams are made during the season. Good basketball players are made during the off-season.”

Tradition

- * The Knights’ varsity basketball team has averaged 15.6 wins per season during the last 45 years.
- * Middletown has advanced to the University of Maryland for the state tournament seven times.
- * Thirty-two MHS players have gone on to play college basketball during the last 45 years.
- * John Bennett (Class of 1994) helped the University of Delaware to two straight trips to the NCAA Division I national tournament.



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Middletown “Gym Rat” Basketball Camp

*Sponsored by
the MHS
Sports
Boosters*

**For Young
Men
Entering
Grades 2—9**

**July 8-11,
2013
(Monday
through
Thursday)**

*“For those
who just
love to play
the game”*

