

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 more than 16 wins per season during the last 42 years.
- * Middletown has advanced to the University of Maryland for the state tournament seven times.
- * Thirty-one MHS players have gone on to play college basketball during the last 42 years.
- * John Bennett (Class of 1994) helped the University of Delaware to two straight trips to the NCAA Division I national tournament.
- * Three former Middletown players competed in college basketball during the 2008-09 season — Ryan Comstock (Goucher), Alex Carr (Eastern Nazarene), and Paul Crone (Gettysburg).



Middletown “Gym Rat” Basketball Camp

*Sponsored by
the MHS
Sports
Boosters*

**For Young
Men
Entering
Grades 2—9**

*July 5-8,
2010
(Monday
through
Thursday)*

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

Camp Philosophy

The main objectives of the Middletown "Gym Rat" Basketball Camp are to teach young players the real skills of the game and to provide them with opportunities to improve their skills while playing in competitive situations.

The camp staff will promote the concepts of hard work, dedication, and determination in achieving one's goals. We hope that all campers enjoy the game of basketball more after attending camp during the summer of 2010.

Camp Registration

Cost: * \$ 90 **Before April 1**
 * \$ 100 **(BEST DEAL !)**
 * \$ 105 **April 1—June 30**
 * \$ 110 **July 1—July 4**
 After July 4

A deposit of \$ 40 should be sent along with a completed application, or you may pay in full. The balance may be paid on the first day of camp. All checks should be made payable to **Middletown High Sports Club**. Please send your payment and completed application to:
"Gym Rat" Basketball Camp
Middletown High School
200 Schoolhouse Drive
Middletown, MD 21769

Call 240-236-7511 or 240-236-7571
for more information.
Please visit our web site at
www.middletownbasketball.com.

Camp Features

* Daily instruction from a dedicated camp staff which emphasizes the following skills:

- * Defensive stance and footwork
- * Shooting
- * Passing
- * Lay-ups
- * Rebounding
- * Offensive moves
- * Ball handling
- * Quickness drills

8:30 a.m.
to
2 p.m.
daily

- * 4-on-4 games
- * 3-on-3 games
- * Free Throw shooting competition
- * Hot Spots shooting competition
- * Camp t-shirts
- * **NO TROPHIES . . . Just attend because you love to play and compete !**
- * Recognition of outstanding campers
- * Daily drawings for prizes
- * Campers should bring a bag lunch each day or money to buy lunch at the concession stand
- * Concession stand open during lunch and after camp each day
- * Pool use each day following camp for just one dollar a day
- * Insurance



Camp Application

Name _____

Address _____

City _____

State _____ Zip _____

Phone number _____

Grade (fall of 2010) _____

School (fall of 2010) _____

T-shirt (circle) Youth M L
Adult S M L XL

Family discount: _____ \$ 5 each (2)
_____ \$ 10 each (3 or more)

PARENTAL PERMISSION

The medical insurance provided by MHS Sports Camps is in the form of a secondary coverage policy. This means that only those medical charges NOT covered by the family medical insurance will be covered by the camp policy. I authorize the adult camp staff to act for me according to their best judgment in a situation requiring medical attention for my son.

SIGNATURE _____

DATE _____ EMERGENCY PHONE

NUMBER _____

MEDICAL CONCERNS: _____