

# **APEX SPURS TRACKOUT CAMP**

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## **About**

The Apex Spurs Travel Basketball Program is a newly formed, non-profit, competitive travel basketball program for girls and boys ages 9U-14U. This program was formed due to the growing concern for the youth in our community. The news is filled with tragic stories of young boys and girls being involved in senseless crimes due to lack of direction in their lives. We believe that having positive and motivating programs for youth are important in keeping them on the right path and out of trouble.

The goal of our program is to build character, self-esteem and self-confidence; along with promoting educational success. We use basketball as a platform because it teaches responsibility, teamwork, leadership and discipline. These values are keys to success both on and off the basketball court. We believe that when our youth are equipped with the necessary tools in life, they can achieve greatness and become productive citizens within the communities.

## **Camp Consist Of:**

Basketball Knowledge

Shooting Drills

Ball Handling

Defensive/Offensive Fundamentals

Rebounding

Teamwork

**\*\*Campers NEED to bring water bottle, lunch, snacks, and a notebook/journal\*\***

# APEX SPURS CAMP – SCHEDULE

## ***Day 1***

- 8 am to 9 am
  - Check In
  - Shoot Around
- 9 am to 10:30 am
  - Introduction to the Day (Verse of the Day)
  - Goal Sheets
  - Stretch/Warm Up
    - Dynamic Warmup
    - Cardio
- 10:30 am to 11 am
  - Take the Bacon
- 11 am to 12 pm
  - Skills Focus
    - Dribbling
    - Shooting
- 12 pm to 1 pm
  - Lunch Break
- 1 pm to 2 pm
  - Skills (Switch Trainers/Groups)
- 2 pm to 3 pm
  - Skill review
  - IQ Training
- 3 pm to 4 pm
  - Notebooks
    - Assessment of “Journals”
- 4 pm to 5 pm
  - Pick Up Games
  - Pick Up Time for Kids

## **Day 2**

- 8 am to 9 am
  - Check In
  - Shoot Around
- 9 am to 10:30 am
  - Introduction to the Day (Verse of the Day)
  - Goal Sheets
  - Stretch/Warm Up
    - Dynamic Warmup
    - Cardio
- 10:30 am to 11 am
  - Take the Bacon
- 11 am to 12 pm
  - Skills Focus
    - Defense
      - Teaching Man to Man and Fundamentals
    - Layups
- 12 pm to 1 pm
  - Lunch Break
- 1 pm to 2 pm
  - Skills (Switch Trainers/Groups)
- 2 pm to 3 pm
  - Skill review
  - IQ Training
- 3 pm to 4 pm
  - Notebooks
    - Assessment of “Journals”
- 4 pm to 5 pm
  - Pick Up Games
  - Pick Up Time for Kids

## ***Day 3***

- 8 am to 9 am
  - Check In
  - Shoot Around
- 9 am to 10:30 am
  - Introduction to the Day (Verse of the Day)
  - Goal Sheets
  - Stretch/Warm Up
    - Dynamic Warmup
    - Cardio
- 10:30 am to 11 am
  - Take the Bacon
- 11 am to 12 pm
  - Skills Focus
    - Passing and Rebounding
    - Shooting
- 12 pm to 1 pm
  - Lunch Break
- 1 pm to 2 pm
  - Skills (Switch Trainers/Groups)
- 2 pm to 3 pm
  - Skill review
  - IQ Training
- 3 pm to 4 pm
  - Notebooks
    - Assessment of “Journals”
- 4 pm to 5 pm
  - Pick Up Games
  - Pick Up Time for Kids

## **Day 4**

- 8 am to 9 am
  - Check In
  - Shoot Around
- 9 am to 10:30 am
  - Introduction to the Day (Verse of the Day)
  - Goal Sheets
  - Stretch/Warm Up
    - Dynamic Warmup
    - Cardio
- 10:30 am to 11 am
  - Take the Bacon
- 11 am to 12 pm
  - Skills Focus
    - Defense
      - Introduction to 2-3 and Reviewing the Fundamentals
    - Shooting and Dribbling (May use Gun)
- 12 pm to 1 pm
  - Lunch Break
- 1 pm to 2 pm
  - Skills (Switch Trainers/Groups)
- 2 pm to 3 pm
  - Skill review
  - IQ Training
- 3 pm to 4 pm
  - Notebooks
    - Assessment of “Journals”
- 4 pm to 5 pm
  - Pick Up Games
  - Pick Up Time for Kids

## ***Day 5***

- 8 am to 9 am
  - Check In
  - Shoot Around
- 9 am to 10:30 am
  - Introduction to the Day (Verse of the Day)
  - Goal Sheets (Review)
  - Stretch/Warm Up
    - Dynamic Warmup
    - Cardio
- 10:30 am to 11 am
  - Take the Bacon
  - Guest Speaker
- 11 am to 12 pm
  - Review Skills
- 12 pm to 1 pm
  - Lunch Break
- 1 pm to 2 pm
  - Contest
    - Campers vs Trainers and Campers vs Campers
- 2 pm to 3 pm
  - Skill review
  - IQ Training
- 3 pm to 4 pm
  - Notebooks
    - Assessment of “Journals”
- 4 pm to 5 pm
  - Pick Up Games
  - Pick Up Time for Kids

# **Important Information**

Campers need to bring a lunch box or a bag lunch for their lunch break. We will provide water throughout the camp but should have a refillable water bottle for quick access. Please also provide a couple of healthy snacks so the campers stay energized throughout the whole day. Breaks will be provided as needed to the campers as needed by the staff.

Please make sure that the players bring a notebook or journal to the camp. We want players to retain information and one way is to write it down so they can go back and look at it in the future. This is where they can keep track of their questions and any important information containing to life and basketball.