



Northwood Timberwolves Boys Basketball Camp - 2010

Incoming Freshman Boys

Directed by: Richard Fujii (Head Boy's Basketball Coach) & the Northwood Boy's Basketball Staff

Camp Goals:

- To learn/develop basketball skills and team fundamentals
- To develop team unity and create a family atmosphere
- To increase agility and athletic ability by becoming faster and stronger
- Games in a summer league at Century High School and four tournaments

Northwood Timberwolves Basketball Camp is a summer program that is intended to prepare incoming high school students for HS basketball. It will consist of the following:

Typical Camp Practice:

- 1:00 – 1:10 Stretch/Warm-up
- 1:10 – 1:35 Dribbling/Passing and Catching Fundamentals
- 1:35 – 2:05 Defensive Fundamentals
- 2:00 – 2:40 Offensive/Team Fundamentals
- 2:40 – 3:00 Speed and Agility

Incoming Freshman Parent Meeting: June 16th at NHS Rm. 1001 7:00pm
Practice jersey/shorts and game schedules will be distributed.

How to Enroll:

- Cost: \$175.00 for the summer camp instruction and equipment
- Cost: \$50.00 for summer leagues/tournament fees
- A practice jersey/practice shorts and T-Shirt can be purchased (you will need a uniform for games)
- You may sign up during 8th Grade registration or at the June 16th parent meeting.
- Registration forms may also be brought to the student activities center.
- Also, you can mail the application and check (payable to NHS-SP-BB) to:

Northwood High School
NHS Basketball Summer Camp
Attn: Sue Weatherholt
4515 Portola Parkway
Irvine, CA 92620

Camp Schedule and Information

When: June 28th – July 25th

Practice: Monday - Thursday 1:00 – 3:00 PM

Games: Tuesday and Thursday at Century High School (Game Times: 10am to 4pm)

Each Student will participate in at least one tournament

Tournaments: July 9-11 El Toro HS

July 10-12 El Dorado HS

July 17-19 Northwood HS

July 23-25 Trabuco Hills

Where: Summer camp practice will be conducted on the campus of Northwood HS

Physical Screening: All students are required to have a current physical on file before being allowed to participate.

Required Gear: All players should wear either a white/dark t-shirt with dark shorts the first day of summer camp.

Basketball shoes should be worn and can be purchased at any sporting goods dealer. Practice gear will be passed out on the first day of camp.

If you have any questions please call Coach Fujii at (949) 936-7245 or e-mail at rfujii@iusd.org