



## **Winnipeg Fury Basketball Club**

### **Summer basketball camps 2017**

We are happy to announce the details of our summer training camps for girls born 2001-2004.

Fury coaches will be running the camps with the help of special guest coaches (to be announced later).

Dates and times:

August 14-17 (Monday - Thursday)

4-6:30pm girls born in 2003/2004

6:30-9pm girls born in 2001/2002

August 18 (Friday)

Noon -3pm girls born in 2003/2004

3-6pm girls born in 2001/2002.

Some elements that will be covered during the camp:

- Strength and agility training including agility ladders and resistance bands.
- Fundamental skills such as ball handling, shooting and footwork.
- Defensive concepts including footwork and special situations.
- Offensive movements learning to play with and without the ball, individual 1 on 1 play and team concepts.

Please register soon as there are limited spots available.

All camps will be held at Winakwa Community Centre at 980 Winakwa Rd.

Cost for the camp is \$90/ athlete.

To register email [furybasketballwinnipeg@gmail.com](mailto:furybasketballwinnipeg@gmail.com)