

3 DIVISIONS OF PLAY!

AGILITY DRILLS!

SHOOTING MECHANICS!

POWER PIVOT SYSTEM!

PERSONALIZED REPORT CARDS!

FOOTWORK DRILLS!

AND MUCH MORE!

CAMP GOAL

The game of basketball is a game of skills. It requires players to develop an all around game demanding ball handling skills, shooting ability, good footwork and the ability to enhance your athleticism. Ken-Rock Basketball Camp provides the ideal environment for development and instruction.

**"HANDS-ON" COACHING
AND EVALUATION**

SPONSORS:



3218 11TH STREET ROCKFORD, ILLINOIS 61109

815.398.8864 815.398.8220 FAX

WWW.KENROCK.ORG





COST

The cost for each camper is \$50.00, which includes a camp T-shirt.

CAMP TIMES

7 & 8 years old Mon.—Fri.
8:30– 10:30 a.m.
9 & 10 years old Mon.—Fri.
11:00—1:00 p.m.
11, 12, 13 years old Mon.—Fri.
1:30—3:30 p.m.



WHO CAN ATTEND

Any camper wishing to attend must be between the ages of **7 and 13** years of age, and have a fully paid registration prior to the start of camp. Limited to 30 participants per age group.

WHAT TO BRING

Come each day dressed in T-shirt, shorts, socks, basketball shoes, water bottle. Campers do not need to bring a basketball.

JUNE 14-18

**KEN-ROCK
COMMUNITY
CENTER**

**DEFENSIVE
SKILLS**

DEFENDING THE BALL!

STRENGTH AND CONDITIONING!

STANCE AND FORM TECHNIQUES!

FULL-COURT PRESS SYSTEMS!

REBOUNDING STRATEGIES!

FOOTWORK EXERCISES!

“WEAK-SIDE” DEFENSE!

COACHING

Daily coaching instruction takes place in the Ken-Rock Gymnasium. Every facet of the game is covered, teaching you the fundamentals and skills to be a valuable team player. The daily format, which include fundamental instruction, lectures and team games will leave campers with a new enthusiasm for the game of basketball.

**AWARDS AND
CONTESTS**

Ken-Rock Community Center advocates fun & competition. Each day campers will compete for prizes in various contests.

REGISTRATION

Limited to the first 30 campers paid in full. Deadline to register will be Monday June 7th.

OFFENSIVE SKILLS

BALL-FAKE TECHNIQUES!

DAILY SHOOTING CONTESTS!

BALL HANDLING SESSIONS!

MULTIPLE PASSING SKILLS!

POWER POST MOVES!

AND MUCH MORE!

FOR MORE INFORMATION VISIT

WWW.KENROCK.ORG

OR CALL 815.398.8864

MAIL REGISTRATION FORM TO:
3218 11TH STREET ROCKFORD, ILLINOIS 61109

CAMPER

PLEASE PRINT

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP CODE

AGE BIRTH DATE

WEIGHT HEIGHT

DAYTIME PHONE E-MAIL

T-SHIRT SIZE (ADULT)

S M L XL XXL

PARENT SIGNATURE

FEES

1 PLAYER FEE: \$50.00 2nd Camper \$40.00

PAYMENT METHOD

CASH CHECK OR MONEY ORDER

CHECK #

MEDICAL RELEASE

This is to certify that _____ understands the nature of camp activities, certify that the camper is able to participate in the program, and grant permission for said participation. On behalf of myself, my child, and our assigns, executors and heirs, I hereby release, discharge, covenant not to sue, and agree to indemnify and hold harmless Ken-Rock Community Center, its trustees, officers, agents and employees from any and all liability, damage and claims of any nature arising from or in any way related to my child’s participation in this program.

PARENT SIGNATURE

