



HOFBA SUMMER CAMPS – WINNIPEG 2019

Location of Camps: Sturgeon Heights Community Centre
210 Rita Street
Winnipeg, MB

FUN-DA-MENTAL BASKETBALL CAMP
Calling all Participants in Grade 4 to 7
Date: July 29 – August 2

Camp Overview: 5 full days of fun and learning the game of basketball.
Time: 9:00 am – 4:00 pm
Completion of physical literacy (Running, jumping, balance).
Form shooting
Defensive and Offensive Principles.
Learn the rules of the game and how it applies.
Opportunity to play with other participants with similar skill level.
5 Theme days, plus yoga, swimming, health and nutrition.



NEXT LEVEL BASKETBALL CAMP
Calling all Participants in Grade 8 to 9
Date: August 6 – August 9

Camp Overview: 4 full days of learning the game of basketball.
Time: 9:00 am – 4:00 pm
Learning workouts and drills to increase speed, strength, coordination and balance.
Off-hand and various finishes.
Assorted dribble techniques and off hand development.
Using and setting screens, advance defense and offence strategies.
Opportunity to play with other participants with similar skill level.
4 Theme days, plus yoga, swimming, health and nutrition.



Cost: \$200 per week/per participant or drop in fee of \$50 per day/per participant

How to Register: Go to www.hofba.com - Fundamental Camp (Jul. 31 – Aug. 2)
Or Next Level Camp (Aug. 6- Aug. 9). Click on the “Register” menu to register.
By email: Shauncross6@gmail.com or By Phone: 204-930-8572