



Basketball Camps and Clinics

Join Allison Coleman for an intense basketball experience! Allison is a lifetime basketball player and fan. Her accolades include being named as an All-American an unprecedented 4 times, National Player of the Year honors, and this past spring was inducted into the Connecticut Women's Basketball Hall of Fame.

Skills and Conditioning Camp

Give your child the attention their game deserves! Focus on the fundamentals of the game and learn the best ways to condition for the upcoming season! All camps and clinics are co-ed for athletes aged 8-16.

Session 1: 7/6-7/8 12:00pm-2:00pm \$100 members/\$150 non-members

**Session 2: 7/20-7/23 12:00pm-2:00pm \$125 members/\$175 non-members
(conditioning only)**

Session 3: 8/9-8/13 12:00pm-2:00pm \$150 members/\$200 non-members

Position Specific Clinics

Whether you play inside or on the perimeter or just need to work on your shot, these are the clinics for you! Get position specific training!

Shooting Clinic: 7/26-7/27 12:00pm-2:00pm \$50 members/\$80 non-members

All about Defense: 7/28-7/29 12:00pm-2:00pm \$50 members/\$80 non-members

Post Player: 8/2-8/3 12:00pm—2:00pm \$50 members/\$80 non-members

Guard Camp: 8/5-8/6 12:00pm-2:00pm \$50 members/\$80 non-members

Guard Camp 2: 8/16-8/17 12:00pm –2:00pm \$50 members/\$80 non-members

Skills & Drills

This is THE camp for your athlete! Get on board for this 5-day, intense basketball training camp. We will cover many different drills and skills and play live games each day! Don't miss out!

8/23—8/27 12:00pm-2:00pm \$150 members/\$200 non-members

**For more information or to register please visit
www.regionalymca.org or call 203-775-4444 ext. 123**