

NIKE Basketball Camps

750 Lindero Street, Suite 220 - San Rafael, CA 94901

1-800-NIKE CAMP - USSportsCamps.com



PowerBar
Official Sponsor

NIKE Basketball Camps



THE WORKS

Bakersfield

Palo Alto

Turlock

Shooting/Offensive Skills

Boys & Girls - Ages 9-17

2011 CAMP SESSIONS

NIKE Basketball camps is proud to join forces with Pete Rivas and "The Works" to bring two exciting camps to California. Beardsley Junior High School, Pitman High School and Castilleja School will all host 2011 NIKE Basketball Camps!

Unlike programs focusing on conditioning or sports skills, The Works combines conditioning that follows a cutting-edge philosophy and protocols with top-notch sports fundamentals training. The Works Sports Academy takes a holistic approach to sports training for winning results!

CAMP DIRECTOR

Pete Rivas, founder of The Works Sports Academy, brings an impressive basketball teaching resume and over thirty years of coaching experience to our camps. Coach Rivas is a former Division I assistant coach and head high school coach.



His programs with The Works help level the playing field in an environment of elite and over-trained players. Pete and his staff have trained many high profile high school programs both in and out of season.

Among the many fine athletes he's worked with, Pete has trained players currently attending Vanderbilt, USC, UConn, Boise State, LMU, and Iowa State. He is the exclusive trainer for the #1 high school team in the nation, perennial power: Brea Olinda High School (Brea, CA).

Coach Rivas has drawn players from all over the world to his camps and clinics and continues to expand his camp offerings within the Nike Basketball Camp family.

BASKETBALLS

Basketballs may be purchased when you register for camp for an additional \$25. Campers are not required to bring a ball to camp and purchasing one is optional. The basketball is the NIKE TACKTICIAN Series.



NIKE and the Swoosh Design are trademarks of NIKE, Inc. and its affiliates, and are used under license. NIKE is the title sponsor of the camps and has no control over the operation of the camps or the acts or omissions of US Sports Camps.

THE WORKS PROGRAM

Coach Rivas has designed his camps comprised of the five categories below and are progressive from day to day.

WARM-UP: Foam Roll : Static Stretch : Stabilization : Core & Balance : Dynamic Warm-Up : Injury Prevention Warming up properly is the #1 thing you can do to prevent injury. We go to great lengths to make sure your body is properly stretched and stabilized before we begin training.

SAQ ATTACK: Speed : Quickness : Explosion : Footwork : Agility : Strength We will teach you the proper techniques of movement, change of direction, acceleration, deceleration, and jump/landing techniques.

FOOTWORK: Catch & Shoot : Half Court Attack : Catch Attack : Dribble Attack : Transition Attack : Finishing Moves The quality of your catching, passing, shooting and ball handling is directly related to the quality of your footwork. Our workouts are literally "built from the ground up."

CONDITIONING: With Out Ball : With Ball : Combination : Competitive Drills : Controlled Scrimmage Once a habit has been formed it must be applied when tired and at game speeds. Out workouts conclude with an opportunity to perform learned skills in a competitive setting.

COOL DOWN: Foam Roll : Static Stretch : Core Stabilization : Partner Stretch : Band Stretch Cool down is a period vital to the regenerative process. When basketball is long done, you will still have your body to live with. A little time now will pay great dividends later in life.

TYPICAL DAILY SCHEDULE

9:00	Introduction/Roll Call
9:00-9:10	Foam Roll
9:10-9:40	Dynamic Warm-up/Stabilization/ Core
9:40-10:00	Footwork Ladders/Agility
10:00-10:30	Ball Handling Series Stationary/ On the Move
10:30-11:00	Pass and Catch Series Stationary/ On the Move
11:00-11:30	Dribble Attack Skills w/ Finishing Moves
11:30-12:00	1-2-3 Man Games
12:00-1:00	Lunch
1:00-1:15	Afternoon Warm-up
1:15-1:30	3-Minute Tournament
1:30-2:00	Catch and Shoot Series
2:00-2:30	Catch Attack Jab Series w/ Finishing Moves
2:30-3:00	Shooting on The Move Series/ Transition Attack w/ Finishes
3:00-3:30	Cutthroat-Attack Games
3:30-4:00	Cool Down/Stretching/ Closing Comments

CAMP HIGHLIGHTS

- Superior Instruction, 8:1 Camper to Coach ratio
- Daily emphasis on fundamental development, team play, and more
- Official NIKE Camp T-shirt
- NIKE Camp Yearbook and other great NIKE prizes!

SCHEDULE & FEES

CASTILLEJA SCHOOL

June 10 - 12 Ages 11 - 17 Co-Ed
Day Campers (10am - 3pm): \$225

PITMAN HIGH SCHOOL

June 13 - 16 Ages 9 - 17 Co -Ed
Day Campers: (9am - 4pm):\$225

BEARDSLEY JUNIOR HIGH SCHOOL

July 11 - 14 Ages 9 - 17 Co-Ed
Day Campers: (9am - 4pm):\$225

*Please note, Lunch is not provided.
Campers should pack a lunch each day.*

EASY TO ENROLL

Phone: 1-800-NIKE CAMPS (1-800-645-3226)

Fax: 415-479-6061

Online: USSportsCamps.com

Mail: 750 Lindaro Street, Suite 220,
San Rafael, CA 94901

AFTER YOU REGISTER:

- You will promptly receive a registration confirmation by email
- A registration "packet" with detailed information about camp will be emailed after April 1st.

PAYMENT TERMS:

Payments can be made by credit card (Visa and Master Card only) or personal check (by mail)

- \$115 payment - Due at time of registration:
 - \$100 per session deposit
 - \$15 per person non-refundable registration fee

•The Camp Tuition balances are due as follows:
For camps with June start dates, balance is due on May 1st
For camps with July start dates, balance is due on June 1st
For camps with August start dates, balance is due on July 1st

CANCELLATION POLICY:

Once registered, if you have to cancel for any reason, you will receive

- A camp credit for all Camp Tuition payments made, valid through 2012, for any (Nike Basketball Camp), transferable to an immediate family member

CANCELLATION PROTECTION

- Can be purchased for \$35 per camp session
- With cancellation protection purchase, cancel by your Camp Tuition "balance due" date (see above) and receive a refund of all Camp Tuition payments made
- If you cancel after your Camp Tuition "balance due" date, you will receive a camp credit for your tuition fees paid, good for an immediate family member and can be used for any US Sports Camp
- Camp credits are valid through 2012

NIKE Basketball Camps The Works Sports Academy



CAMPER NAME: _____

ADDRESS: _____

HOME PHONE : () _____

EMERGENCY PHONE : () _____

EMAIL ADDRESS: _____

DATE OF BIRTH: ___/___/___ AGE: _____ SEX: _____

How did you hear about NIKE Basketball Camps?

CAMP INFO

- Castilleja School:** June 10 - 12
Pitman HS June 13 - 16
Beadsley Jr HS July 11 - 14

NIKE BASKETBALL Yes! Add \$25 to order

PAYMENT INFORMATION

PERSON PAYING: _____

ADDRESS (if different): _____

PAYMENT METHOD

- Visa MasterCard Check Enclosed
 Deposit \$115 (\$100 deposit + \$15 registration fee)
 Full Payment (full payment + \$15 registration fee)
 Please add \$35 for Cancellation Protection
 Please Charge the remainder on June 1, 2011

CREDIT CARD NUMBER: _____

Exp. Date (month/year): ___/___ 3 Digit Security Code: _____

By submitting this application to US Sports Camps, Inc, I affirm that I have read and agree to the US Sports cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize US Sports Camps to charge my credit card (if applicable).

Signature: _____

Make check payable and mail to:

US Sports Camps/Nike Basketball Camps
750 Lindaro Street, Suite 220, San Rafael, CA 94901
1-800-645-3226 Fax: 415-479-6061

**See USSportsCamps.com website for more locations
from Coach Rivas and The Works Sports Academy**