

3rd Annual

Bridgewater-Raritan Basketball Camp

Camp Notes

July 18th - July 22nd, 2011

Week 4:

'Fast Break'

Teaching Concentration is "Fast Break Basketball"

Location -- Bridgewater-Raritan High School

Featured Guest Speaker – Tim Ortelli: Head Boy's Basketball Coach at Rutgers Prep. Coach Ortelli spent 15 successful seasons as the coach at Bridgewater winning a total of 8 County Championships.

BRHS basketball staff scheduled to work: Our 8th grade basketball coach, Brian Henry worked this session of camp. The older campers had the opportunity to work with Coach Henry this week. Needless to say, there can be no guarantee that any boy will make the middle school team just by coming to camp. Nevertheless, the experience at camp and the exposure to Coach Henry should be viewed as a positive step in improving as a player overall.

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2011 Bridgewater-Raritan Basketball Camp

Remaining Camp Sessions

- Open spaces remain in all camp sessions!!
- On site, walk-in registration is always available
- Both week 5 and week 6 are at Eisenhower School

Week #5 → July 25-29, 2011: Teaching Focus: “Individual Offensive Improvement” at Eisenhower. Our special guest coach on Wednesday, July 27th is Anthony Melesurgo from Bound Brook High School

Week #6 → August 1-5, 2011: Teaching Concentration is “Position Specific Training” at Eisenhower. Newly appointed Ridge High School Basketball Coach, Brian Feath is slated to appear on August 2nd

- If you have already attended camp this summer:
No additional registration page is needed.
- If you attended weeks 1-4 it is only an additional \$100 to add another week of full-day camp. \$50 to add a half-day session.
- We plan to run the Fall Recreation Clinics again and the tentative dates for those sessions are:

Tuesdays, October 4, 11, 18, 25, and Nov 1 – grades K-4 – 6:00-7:30pm

Thursdays, October 6, 13, 20, 27, and Nov 3 – grades 5-8 – 7:00-8:30pm

Thursday & Friday, November 10 & 11 Teacher’s Convention Basketball Camp from 9:00am - 3:00pm – same format as our summer program!!

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“Camp Notes”

Monday, July 18, 2011

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

❖ **Welcome to Basketball Camp**

- Listening Skills & eye contact
 - Listen to what your coaches tell you & watch the demonstrations by the high school & college players. Be ready to try the drills when you get the chance.
 - If you listen & try new things, you have the opportunity to learn and grow as a player. The key to success however, is to work on your own when you leave camp. This is how you become a better basketball player.

Teaching Station Rotations:

Kristen – Passing (2 – Line Passing: Focus on going to ball not waiting for it to come to you)

Jessica – Panther Shooting (Explanation of the game and practice, game will be played at the end of each day)

Steve – Defensive Slides and Stance (Focus on being on the balls of th players feet, balance, and being in an athletic stance)

Eric – Stationary Dribbling (One Ball Dribbling)

Erin – 2 – Line Shooting (Focus on catching and stepping into the shot)

Dom – Agility Drills (Line jumps, on 1 foot and 2 feet)

Andrew – Rebounding (Focus on boxing out, jumping for the rebound and securing the ball with two hands)

Russell – Shooting (Proper form shooting)

❖ **Contest is 1 on 1**

- The 1 on 1 games will be played within each league which are broken down by grade: Rookie League – 1st and 2nd graders, High School League – 3rd and 4th graders, College League – 5th and 6th graders, and Pro League – 7th, 8th, and 9th graders
- The games will be played until the offensive player scores a basket or the defensive player gets a stop

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- If the offensive player scores they stay on and if the defensive player gets a stop they stay and play offense
- After a player loses at a basket they report how many times they won on offense to the coach and move to another basket
- The top 8 players will move on to the league finals on Friday afternoon

Lecture:

Gene McAteer: Bridgewater-Raritan High School Varsity Head Coach Brain Henry, Bridgewater-Raritan 8th grade Boys Basketball Coach 2 on 1 Fast Break Drill

(Offensive focus by Coach Henry and defensive focus by Coach McAteer)

- **Defense**
 - **“Cat and Mouse” Tactics**
 - This tactic is an attempt to make the player on offense with the ball to make a poor decision early in the break
 - The defensive player can come up to play the player with the ball and attempt to stop their dribble far from the basket or throw an early bad pass
 - The defensive player can jab step towards the ball handler trying to get them to stop their dribble then the defensive player would retreat to the paint or the other offensive player to cut off any possible pass
 - If the defensive player is too aggressive this tactic could back fire and leave the non ball handling offensive player wide open for a lay-up
 - **Take a Charge**
 - If the defensive player sees the offensive player with the ball out of control they can take a charge
 - The defensive player will need to get the proper positioning in order to get a charge called
 - The defensive player will need to get close to the basket and stand their ground as the out of control player goes to the rim
 - The defensive player will need to be in a set position and not moving at all
 - Once there is contact between the offensive player and defensive player (whether the offensive player has gone for a lay-up or has passed to their teammate a charge can still be taken) the player will fall to the ground and if the defensive player’s positioning was right a charge should be called
 - **Go for a Deflection**
 - In this defensive situation, the defensive player must have active hands
 - They will have to force the ball handler to attempt a pass to their teammate

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- Once they force that pass they will need to get their hands in the passing lane to try and deflect the pass
- This will cause the players on offense to stop their momentum and get the ball buying time for the defense
- Buy Time
 - The more passes the defense forces the offense to make will buy more time for their defensive teammates to get back
 - If the offensive player's momentum is slowed and they are forced to make multiple passes this will greatly benefit the defense

➤ Offense

- Three S's to a successful offensive fast break
- Spacing
 - Spacing is extremely important
 - The further the offensive players are apart the harder it will be for the outnumbered defenders to guard them
 - If the players are too close passes will be harder to make and the defender will be able to guard two players by themselves
 - It is also important to make sure the defender stops you if you have the ball
 - If they do not stop you, then go right to the basket
 - Also, the offensive players must always play in control to prevent a charge from being taken
- Stutter
 - A stutter move , changes the speed of the break that the offensive players are running
 - It also can confuse the defender and make the defensive player show the offensive players what he was planning to do and throw the defensive player out of position
 - The stutter can reveal if the defensive player planned to play the ball handler or the other offensive player more aggressively
 - This allows the offensive player a read and have an easier fast break
 - If the ball handler sees the defensive player falling back towards the off ball offensive player then they can attack the rim
 - If they see the defensive player coming towards them when they stutter they can throw a pass over or around the defensive player who will now be out of position
- Stay even or behind
 - The offensive player without the ball wants to stay even or slightly behind the player with the ball
 - If they get too far ahead of the ball handler that will take away some of the options the offense has
 - Staying even or behind allows the option for the ball handler to attack and still have a player to pass back to
 - Also, this makes for an easier pass for the ball handler than trying to throw a pass over the top of the defender and putting it on target for their teammate

Tuesday, July 12, 2011

Teaching Station Rotations:

Kristen – 2 on 1 fast break (Offensive Focus)

Jessica – Defensive slides (Drop step slide and close out)

Steve – Attacking the rim and finishing strong

Eric – On the move ball handling

Erin – Facing (Focus on spacing between the two players)

Dom – 2 on 0 (Focus on spacing, jump stop, good bounce pass, a finish at the rim)

Andrew – 3 Man passing to half court turn around then 2 on 1 fast break

Russell – 2 on 1 fast break (Defensive focus)

Lecture:

Gene McAteer: Bridgewater-Raritan High School Varsity Head Coach

Brain Henry, Bridgewater-Raritan 8th grade Boys Basketball Coach

3 on 2 Fast Break Drill

(Offensive focus by Coach Henry and defensive focus by Coach McAteer)

➤ Defense

- Being in a tandem defensive is having one player on the foul line and one slightly in front of the basket in the lane
- Players must talk to be successful on defense, this will allow them to know what one another are doing
- The player position at the foul line has the first responsibility to stop the ball handler by forcing them to pick up their dribble at the foul line or before the foul line
- The second players responsibility is to guard the player that receives the first pass from the ball handler
- After the pass is thrown the defensive player at the foul line should drop down and guard the other offensive player who is going to the rim
- If the player that received the pass, passes back to the original ball handler and that player shoots a jump shot that can be considered a successful defensive stop because the defense did not allow an easy lay-up

➤ Offense

- The 3 offensive players always want to maintain a good amount of space between them, which makes it more difficult to be guarded
- The 3 offensive players will also want to stay about equal distance down the floor so that they are all an option to score

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- The ball handler will need to continue to go to the basket until they are stopped, if the defensive front player doesn't stop them then it can become a 3 on 1 close to the basket
- The 2 wing players will want to run the court wide and when they get to about the 3 point line they will want to cut to the basket looking for a pass from their teammate
- If one player receives the pass and is stopped they can look to the opposite wing player or back to the passer
- Once the initial passer throws the ball they should follow their pass to the elbow of the side to which they threw the pass to and wait for a possible jump shot
- If they then receive the ball and a defensive player comes to play them, then they should look for one more pass for a lay-up
- The offense does not want to make too many passes, that will allow the defense to get back and get set, ending the fast break

Wednesday, July 13, 2011

Teaching Station Rotations:

Steve – 3 on 2 Fast break (Focus on the offensive side of the ball)

Dom – 3 on 2 Fast break (Focus on the defensive side of the ball)

Jessica – 2 on 1 Fast break (Focus on the defensive side of the ball)

Andrew – 2 on 1 Fast break (Focus on the defensive side of the ball)

Eric – 2 Ball dribbling drills (Focus on campers keeping their head up to see the floor)

Russell – Shooting off the dribble and off the catch as if on a fast break

Erin – Passing drills (one hand passing with left and right hands and a figure 8 passing drill)

Kristen – Boxing out (2 offensive and 2 defensive players with a ball in the middle. The offense tries to get the ball while defenders try to box out. Time how long the defense can keep the offense from getting the ball.)

➤ **Contest is the 'Skills Competition' (obstacle course varies for different leagues: Pro – 7th, 8th, 9th graders, College - 5th and 6th graders, High School - 3rd and 4th graders, and Rookie – 1st and 2nd graders)**

- The skills competition allows players to practice different skill sets while in a fun competitive way, this contest is a race against the clock
- The player will start on the baseline and do a crossover dribble weave through five cones
- After getting past the last cone the player will then dribble straight to the sideline and throw a chest pass into a taped off square on the wall/bleachers (the size of the square can vary with skill set)
- after the player successfully passes into the square they collect the ball and dribble straight to the foul line (or closer if younger) to shoot a foul shot, they must make the shot to advance
- Once they make the foul shot they will again do a dribble crossover weave through a set of cones

- Then the will dribble to the sideline and this time perform a bounce pass into the square

Gene McAteer: Bridgewater-Raritan High School Varsity Head Coach
Brain Henry, Bridgewater-Raritan 8th grade Boys Basketball Coach
4 on 3 Fast Break Drill

(Offensive focus by Coach Henry and defensive focus by Coach McAteer)

➤ **Defense**

- Players will position themselves in a triangle formation, one at the foul line and the other two players at the blocks
- Players must talk to be successful on defense, this will allow them to know what one another are doing
- The player at the foul line should be saying ball, indicating to his teammates while running back on defense that they will be responsible for stopping the ball handler
- The other two defenders then know it is their responsibility to get to the blocks and prepare to guard the first pass if it is to their side of the court
- After the first pass is thrown the defender on that block will say ball and go play the ball, the other two players will react to what the offense does
- If the player that passed the ball cuts to the basket then the top defender must cover him and the opposite block defender rotates up to the foul line
- Continuous talking throughout the fast break will help the defense become more successful

➤ **Offense**

- A big key to offense on a 4 on 3 fast break is spacing the floor
- If players are not spaced out well enough problems will arise
 - Defensive players will be able to guard multiple players
 - Passing will become more difficult
 - Players will get into each others lane to the basket
- The post offensive player wants to be the first one down the floor, they want to go straight to the basket always looking for a lob pass for an easy lay-up, if they do not get the ball they can set up on the block
- The other 3 offensive players will run a break similar to a 3 on 2 break
- The two players will fill the wing lanes and one player will bring the ball up
- If the first lob pass is unavailable then a wing pass will be open
- Upon passing to the wing, the initial ball handler should cut to the basket
- The more movement by the offensive the better
- Once the initial ball handler cuts to the basket, he should go out to the opposite corner if he does not receive a pass

- Once the opposite wing sees the player cutting they should replace to the foul line looking for a catch and shoot opportunity
- If they receive the pass on the foul line and are played by a defender the corner offensive player or block offensive player will be open for a shot
- Quick efficient passes will keep the defense moving and allow for an easier shot
- The ball can continue to be swung to the corner for a shot or a bounce pass into the post
- This must be performed quickly because there will be other defenders trailing the play and too many passes will allow them to get back and set up their defense

Thursday, July 14, 2011

Teaching Station Rotations:

Kristen – 2 – Line Shooting

Jessica – Defensive slides (Drop step slide, close out, slides, back pedaling,)

Steve – Panther Shooting

Eric – Ball Handling Course (1 or 2 Basketballs)

Erin – 2 on 1 Fast Break

Dom – Boxing out and rebounding

Andrew – 3 on 2 Fast Break Defense

Russell – Ball Wraps and Figure 8's (Ball Handling Warm Up Drills)

❖ Contest is Hot Shot (good pivoting skills lead to success)

- In hot shot, players have 30 to 45 seconds to make as many shots as possible from different locations on the floor
- Each location is worth a different value
 - NIT- Lay-up is 1 point, Block Shot is worth 3, and a Free throw is worth 5
 - NCAA & NBA- Block shot is worth 1, Free Throw is worth 3, and a Three Pointer is worth 5
 - Do everything at game speed
 - Step into all the shots you take
 - Beat the Pro
 - Player must be make 10 shots before they miss 5 or before the “PRO” they are playing with makes 10
 - Play elbow to elbow, shoot from one elbow then run around the semicircle to the other elbow and shoot. Continue to go back and forth ALWAYS stepping in towards the hoop as you catch
 - Close shooting
 - Stand one step back from the rim shoot until you make 10 shots then take a step back
 - 10 makes then step back and continue to move back
 - Bend your knees more as you move further back

Lecture:

Tim Orтели: Head Boy's Basketball Coach at Rutgers Prep

"Passing is Paramount"

"Have you ever played with a teammate who passes too much or rebounds too much?"

No because those aren't areas of the game where you would be upset a teammate if a teammate doing too much of them."

➤ Half Court Drill

- 3 Important things to remember when running the fast break: Run as hard and fast as you can down the court, maintain your spacing (stay wide), and get the ball up the court quickly.
 - 2 basketballs and 4 players are required for the drill
 - All 4 players start at half court, the two with the balls closer to the middle circle of the court and the other two just inside the sidelines
 - The player with the ball should take two dribbles in to around the three point line or elbow, the player on the wing will run down the sideline and once they hit the foul line extended they will cut to the basket
 - The ball handler will then throw a bounce pass to the cutter for the lay-up
 - The player that threw the pass will then run and touch the baseline and sprint to half court
 - The player that shot the lay-up will get their rebound and dribble back to half court with their outside hand
 - The drill will take place on both sides of the court
 - Then switch players to the opposite side to make sure they practice with both their right and left hands

➤ Half Court Stutter Move

- This drill is the same as the previous drill
- However this time when the player with the ball is approaching the elbow they will do a stutter step, or short quick steps while maintaining their dribble
- This will simulate a defender there and the player keeping their dribble alive and baiting the defense to play them or the cutter
- The rest of the drill stays the same

➤ Full Court Drill

- Is the same as the two previous drills however it will be run full court
- The players will start at the baseline and dribble and sprint to the other side of the court and perform a lay-up
- Upon getting to the other side and finishing if there are only 2 or 4 players in the drill they will go right back into the drill
- If there are many players they will go to the back of the line

➤ Full Court Fast Break Drill

- One player starts at the foul line with the ball

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- Two players start at the blocks
- The player at the foul line will throw a bounce pass to one of the players on the blocks and run back on defense
- The two block players will then attack on offense
- Whether they make the shot or there is a defensive stop they will go back the other way and do the drill again
- This drill can be done as a 3 on 2 drill as well
- In the three on two drill the second defender will have to recover and get back on defense to help their teammate
- The drill can be performed 4 on 3 as well
- In the 4 on 3 the defense will have 2 defenders back and one trailing the play

Friday, July 15, 2011

Teaching Station Rotations:

Kristen – 4 on 3 Fast break (Offensive focus)

Jessica – Defensive Drills

Steve – Panther Shooting

Eric – Ball Handling (fun drills)

Dom – Catching and Shooting on the fast break

Russell – Form Shooting

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

❖ Winning and Losing

- Enthusiasm is a great thing; however, make sure that it is in a positive manner. Winning and losing is something that applies to all players of all skill levels because no matter how good you are, eventually you are going to lose at something.
- How you behave after a win or loss reveals a lot about your character. You should strive to win and lose with class and style; because how you act reveals a lot about who you are as a person.
- There are so many situations in basketball, and life, which test your character.
- Caring about winning is important.
- Trying your best to be successful is important.
- Handling the emotions that accompany the victories and defeats is a challenge.
- Doing your best to learn and grow as a person while dealing with these challenges is a victory in and of itself.

Rookie Game Highlights

- Ashwin Sakthivel always puts 100% into every game and is a positive influence on his teammates.
- Jacob Meltzer shows great quickness with the ball and plays hard on defense.
- Amiel Shah has a great shot and passes to the open teammate near the basket.
- Johnathan Jen has great range on his shot, showing he can score from anywhere on the court.
- Ryan Luis is a great all around player making solid passes to his teammates and scoring when open.
- Alexander Song showed excellent ball handling skills throughout the week.
- Brian Edelman demonstrated good offense, driving by his man to the basket whenever he had the ball.
- Erin McAteer played great defense not allowing her opponent to score; perhaps they were distracted by her stunning wardrobe.

High School Game Highlights

- Simar Singh had endless energy throughout the entire week in every game. Simar has a motor that never stops.
- Darien Rodriguez made all the hustle plays for his team helping them rack up the wins during the week.
- Everlyn Fu was the “silent assassin” sneaking around the court to gather numerous steals.
- Phillip Crane showed dedication as he developed various new skills which he displayed in the games throughout the week.
- Daniel Edelman is the Michael Jordan of the High School league. He dominates every aspect of the game.
- Samuel Huang possessed leadership skills that cannot be taught. He directed his team during pivotal moments of the game helping lead them to victory.
- Masaki Matsuda uses his impeccable speed to blow by defenders.
- Mac McAteer is more aerodynamic with his fresh cut as he soars to the basket like Derrick Rose of the NBA’s Chicago Bulls.
- Mekai Nunez ripped down numerous rebounds for his team on both ends of the court.
- Timothy Peng is an eager learner always trying to better his skills to help his team become more successful.
- Philip Qiu was aggressive on offense driving to the basket every time down the court.
- Brian Arnold is a talented ball handler weaving in and out of the defense.

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- Rohit Desai displayed outstanding effort diving for every loose ball.
- Andrew Gsell displayed extreme athletic ability during every second of every game.
- Nick Gwiazdowski demonstrated a shooting range similar to that off Jimmer Fredette newly drafted pro to the Sacramento Kings.
- Jonathan Huang grabbed rebounds for his team like they were going out of style.
- Jack Lehberger is a very good all-around player who can score, rebound, and pass at a high level.
- Sanemi Nair showed incredible toughness on the boards.
- Naomi Shah hustled on every play and gave 110% effort every time she stepped on the court.
- Matthew Thomas put on a passing display similar to Magic Johnson and the showtime Lakers.
- Charlie Everhard scored at will from the low block in every game. Nobody could stop him!
- Pranav Manchiraju is a scrappy defender whose presence was always felt by the opposition.
- Justin Nguyen used his speed and dribbling abilities to lead his team to victory.
- Nicholas Ge always made the right play at the right time to help his team be in a position to win every game.

College Game Highlights

- Justin Horak is a great distributor of the ball, passing to his open teammates.
- Deven Smith is a great shooter that his team looks to for the big shot.
- Jenna Vadinsky is always hustling after the ball to help ensure her team gets the win.
- Jeffrey Mao finishes at the basket very well, while still distributing the ball to his teammates.
- Brian Michaels changes the pace of the game with his lightning speed and smooth shot.
- Andrew Castellon is a machine when it comes to rebounding, he makes sure that every rebound is his.
- Steven Chen plays lockdown defense and finishes his shots on the other side of the court.
- Shiven Prem has a pure shot and always follows it to make sure his team gets the points.
- Carson Crane is very active on the court leading her team to victory.
- Sarah Karmazyn is one of the best shooters in the league with her perfect form.
- Jason Nguyen is always cheering on his team and provides defense like no other.

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- James Parry is a very skilled player who always leads his team to victory.
- Shannon Powelson is an offensive rebounding machine who gets easy put backs for her team.
- Nicholas Runyon is a smart player who always knows whether to pass or shoot.
- Josh Stoffey is a quiet player who makes noise on the court with his big plays on both offense and defense.
- Vincent Zaman is the kind of player you don't want guarding you.
- Alex Brennan can shoot anywhere on the court and make it look effortlessly.
- Jonathan Flaim is a deadly shooter even with a hand in his face.

Pro Game Highlights

- Joe Meyers is relentless on the defensive side of the ball and is always ready to shoot on offense whenever the opportunity presents itself.
- Ethan Kaplan is a very consistent player who contributed many key baskets to make his Wizards team successful.
- Aaron Gao was extremely effective all week by playing outstanding defense and scoring when needed.
- Praveen Sakthivel was solid all week in all areas of the game, whether it was scoring, rebounding, or playing defense Praveen had it covered.
- Michael Castoro displayed a quick first step and elusiveness on the floor for the Knicks.
- Mitchell D'Elia is the epitome of a team player. He did whatever it took to make sure his team would come out on top when the final buzzer went off.
- Chloe Jen showed great work ethic all week. Whatever she put her mind towards doing on the court she was able to make it happen.
- Sam Meyers was a problem for anyone who tried to guard him in the post, which gave the Knicks a great inside/outside game.
- Rohan Paturu was a key contributor for the Grizzlies and a great team player.
- Muiz Qadeer gave it his all on the boards displaying a workman's attitude in grabbing key rebounds.
- Matthew Castellon lead the Wizards to the top of the standings by controlling the boards and scoring a ton of points in the paint.
- Jeff Gladstone has a determination to achieve greatness that was seen by everyone in the Pro league.
- Alan Kinzy was a key contributor for the Wizards displaying a sweet stroke from the outside.
- Matt Mancuso aka "Mini Dwight Howard", dominated the boards and was one of the leading scorers in the entire league.

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- Harrison McClarren was a monster in the paint grabbing numerous rebounds and scoring down low for the Thunder.
- Matt Mosley showed he has great passing skills seeing the floor well and dishing the ball to open teammates.
- Sumil Nair was notorious for tickling the twine. His sweet jumper gave defenses problems all week.
- Shreya Saranathan's ballhawking and outstanding dribble penetration brought another dimension to her team on both ends of the court.
- Adam Schnitzer' length and size caused massive problems for the opposing offense. He was constantly in the passing lane getting deflections.
- Matt Gwiazdowski was the heart and soul of the Thunder. His speed and athleticism helped him become one of the top guards in the league.
- AJ Paturu's offensive skill made it almost impossible for the defensive to stop him when he got the ball.
- Tom Brandell was a great team player all week. He was one of the top assistmen in the league.
- Griffin Soriano is such an excellent shooter if he is open it is like "money in the bank". It's always good.
- Jason Molina hit the big shots when it mattered most. He never let the pressure get to him he was always calm and collected.
- Stephen Fu was a key component to the Knicks success adding any dimension off the bench and adding a huge spark to his team.
- Liam Kelly's defensive skill makes it hard for any ball handler to get by him and make any sort of play.
- Erich Dellavolpe is probably the most hard-working player on the Wizards. His dedication was seen on the court in every game.
- Alden Christensen is so fast even Chris Paul would not be able to catch him on the court. This speed led to numerous steals.
- Kevin Faure is a superb shooter and teammate. He is ready to make the big shot or cheer a teammate on at any moment.
- Siddharth Manchiraju's versatility is beyond description. He would give any counselor a run for their money.
- Anu Dasari's was a breakout scorer racking up a pivotal 10 points for his team in a tight game.
- Surya Tahlani was one of the better shooters in the league. His shot was almost automatic from any spot on the court.
- KB Sullivan is a superstar who takes ball-handling to a new level. There is no question about it; he is far superior in that skill set than his older sister, Coach Erin Sullivan!
- Joey Vitello aka the "Jokeman," reminded counselors of a current BRHS varsity player, Sal. Their games are very similar and they even look alike.

- Connor Stewart's size gives him a huge advantage on offensive and defense. Giving his team second chance points and disrupting any shot in the paint by the opposition.

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