

# NIKE Basketball Camps

750 Lindero Street, Suite 220 - San Rafael, CA 94901  
1-800-NIKE CAMP - USsportsCamps.com



## THE WORKS SPORTS ACADEMY Shooting/Offensive Skills Camps Boys & Girls - Ages 9 - 17

### THE WORKS SPORTS ACADEMY

The off-season is the time to build individual skills. The Works camps are designed to enhance your basketball skill set at an accelerated rate. Our workouts are unlike any you have ever seen before. From developing your core and flexibility, to conditioning and skill development The Works is here to help you compete at the highest level. The basketball training will be administered by Founder/Owner of The Works Sports Academy, Pete Rivas.

Pete Rivas is a former Division 1 men's basketball assistant coach and former head high school coach of ten years. Pete has founded The Works with a desire to reach athletes that need help leveling the playing field in a storm of elite and over-training players. All of our camps are 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. Our 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.

### CAMP LOCATIONS

#### **Beardsley Junior High School** **Bakersfield, CA**

Ideally located for players in the Central Valley, Beardsley Junior High School is just off Highway 99 and Airport Drive in Bakersfield, CA.

#### **Mountain View Christian High School** **Las Vegas, NV**

Located in Las Vegas, NV is just minutes from "The Strip" on East Bonanza Rd.

#### **Fairmont Preparatory Academy** **Anaheim, CA**

Just minutes from Disneyland and Knott's Berry Farm, Fairmont Preparatory Academy is Southern California's leading prep school and is located in the heart of Orange County (Anaheim, CA).

### 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 Certificate/Evaluation
- \* NIKE Camp Yearbook and other great NIKE prizes!

### 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.*



## TYPICAL DAILY SCHEDULE

### Boys & Girls : 9am-4pm Sessions

|             |   |
|-------------|---|
| 9:00am      | Introduction/Roll Call  |
| 9:00-9:10   | Foam Roll   |
| 9:10-9:40   | Dynamic Warm-up/Stabilization/<br>Core                        |
| 9:40-10:00  | Footwork Ladders/Agility                                      |
| 10:00-10:30 | Ball Handling Series Stationary/<br>On the Move               |
| 10:30-11:00 | Pass and Catch Series Stationary/<br>On the Move              |
| 11:00-11:30 | Dribble Attack Skills w/ Finishing<br>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/<br>Finishing Moves                 |
| 2:30-3:00   | Shooting on The Move Series/<br>Transition Attack w/ Finishes |
| 3:00-3:30   | Cutthroat-Attack Games  |
| 3:30-4:00   | Cool Down/Stretching/<br>Closing Comments                     |

**\* Please note: Lunch is not provided**

### Boys & Girls : 9am-1pm Sessions

|             |  |
|-------------|--|
| 9:00am      | Introduction/Roll Call                           |
| 9:00-9:10   | Foam Roll  |
| 9:10-9:30   | Dynamic Warm-up/Stabilization/<br>Core           |
| 9:30-10:00  | Footwork Ladders/Agility                         |
| 10:00-10:20 | Ball Handling Series Stationary/<br>On the Move  |
| 10:20-10:40 | Pass and Catch Series Stationary/<br>On the Move |
| 10:40-11:10 | Catch and Shoot Series                           |
| 11:10-11:40 | Dribble Attack Series                            |
| 11:40-12:10 | Catch Attack Jab Series w/<br>Finishing Moves    |
| 12:10-12:40 | Games  |
| 12:40-1:00  | Cool Down/Stretching/<br>Closing Comments        |

**\*Please note: Lunch is not provided**

## 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
    - o\$100 per session deposit
    - o\$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*

For camps with camp start dates between September and May, balance is due on the first of the month that precedes your camp start date

### **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 2011, 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 2011



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## SCHEDULE & FEES

### **BAKERSFIELD, CA BEARDSLEY JUNIOR HIGH SCHOOL**

July 12th-15th  
Hours: 9am-4pm  
Ages: 8-13 yrs.  
Price: \$195 per week

### **ANAHEIM, CA FAIRMONT PREPARATORY ACADEMY**

June 21st-24th (4-Day)  
Hours: 9am-4pm  
Ages: 9-17 yrs.  
Price: \$250

August 9th-13th (4 1/2 days)  
Hours: 9am-4pm (9am-1pm Friday)  
Ages: 9-17 yrs.  
Price: \$295

### **LAS VEGAS, NV MOUNTAIN VIEW CHRISTIAN HIGH SCHOOL**

July 6th-9th  
Hours: 9am-1pm  
Ages: 8-13 yrs.  
Price: \$175



## NIKE Basketball Camps The Works Sports Academy



Student's Name First Last

(Address) Street

City State Zip

Telephone Email

Date of Birth Age Sex

Camp Location: \_\_\_\_\_

Camp Date: \_\_\_\_\_

BASKETBALL  YES! Please add \$25 to my order

How did you hear about this program?

### Payment Information

Person Paying

Address (if different)

Method of Payment:  Visa  Mastercard  Check  
 Deposit (\$115)  Full Payment

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_  Please add \$35 per session for Refund Protection  
 Please Charge the remainder on my final pay date

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 St., Suite 220 - San Rafael, California 94901  
1-800-645-3226 Fax: 415-479-6061  
**USSportsCamps.com**