

# COUGAR BASKETBALL CAMP 2024

## Camps (Boys & Girls)

### Cougar Camp (Grades 3-8)

June 24-June 28 From 9:00 a.m. to 12:30 p.m.



Cost: \$100 camp fee (includes camp t-shirt)

This camp will be limited to first 50 players.

### General Fundamentals

- Basic Footwork
- Triple Threat Position
- Jump Stop
- Dribbling
- Passing
- Rebounding
- Shooting
- Box-out

### Defensive Concepts

- Basics of the man-to-man defense
- Basics of different zone defenses
- Positioning and footwork

### Offensive Concepts

- Attacking a man-to-man defense
- Attacking a zone defense
- Teamwork within an offense

### Other Benefits

- Games, games, and more games
- Fun with friends
- Cougar Camp T-shirt
- Daily refreshments

## Camp Registration Form

<i>Camp selection:</i>	Date	Price
Cougar Camp (grades 3-8)	June 24-28	\$100
Multiple Child discount (for each child)		(\$10)
Total:		_____

Medical Release Waiver: I hereby authorize the directors of Cougar Camp to act for me according to their best judgment in any case of emergency requiring medical attention. I know of no mental or physical problems, which might affect my child's ability to safely participate in the camp. I will be responsible for any medical or other charges in connection with his or her attendance at camp. I have read and understand the conditions set forth in this statement.

Camper #1 Name                      Grade                      Camp selection

Camper #2 Name                      Grade                      Camp selection

Camper #3 Name                      Grade                      Camp selection

Name (Parent/Legal Guardian)

Address

Phone

Signature: Parent/Legal Guardian

Camper's Insurance                      Policy #

Emergency Contact Numbers

1500 SE 96th Ave, Portland OR, 97216  
 Phone: 503-255-8372 ext. 221 Fax: 503-255-5132  
 Email: ljudd@paasda.org

