

# Gym Rats Girls Basketball Clinic Summer “18”

“Improvement through individual attention”

“Don’t be just another number”

“Hard work = Success”

- What:** A girls’ basketball clinic for incoming 4<sup>th</sup> through 9<sup>th</sup> graders
- Where:** Burlington High Wood Gymnasium
- When:** July 16<sup>th</sup>-19<sup>th</sup>
- Who:** Director- Phil Connors & Pam MacKay  
BHS Varsity Boys & Girls Basketball Coaches
- Why:** To give players a great basketball experience in a smaller environment.
- Time:** 9:00am-1:00pm



## Average Day (8-1 player/coach ratio)

- 9:00-9:15- Registration, Open gym
- 9:15-9:30 Stretching/Warm Up
- 9:30- 9:45- Group Ball Handling
- 9:45- 10:00- Group skill moves to basket
- 10:00- 10:30- Group Shooting with individual breakdown
- 10:30-10:35- Water Break
- 10:35-11:05- Detailed offensive and defensive stations
- 11:05- 11:30- Team Practice with coach/ Complete contests, one on one, etc
- 11:30- 1:00- 3 Sets of Games, 15 min halves, no more than 8 players per team so each player is ensured maximum playing time.

**GRBBC** (Gym Rats Girls’ Basketball Clinic) is a basketball school for girls in grades four through nine, located in the beautiful Burlington High School Gymnasium, and directed by Phil Connors (Burlington High School Boys Basketball Coach) and Pam MacKay (Burlington High School Girls Basketball Coach) There are tons of basketball camps and clinics out there to choose from. What separates us is that we limit our number of grades and players participating. We at “Gym Rats” believe that at many camps, players are just treated as a number and don’t get what they should out of a weeklong basketball experience. We want to instill that gym rat mentality, where players truly improve due to dedication, individual attention, and plain old hard work.

Instead of a factory type approach, we strive for a smaller, better experience. At “Gym Rats” our session will be limited to 40 players total. This will allow for a 8-1 player to coach ratio. Each player will have a ball in her hands at all times. Our goal is to give each player the individual attention they need to become a better player in a four days time and of course, have fun. All our counselors will have high school playing experience while many will also college-playing experience.

**Register Now! Deadline July 1, 2018 but will fill before that.**

*\$185 (Includes T-Shirt)*

With such small numbers this year’s session will fill fast!!!!!!

To inquire more contact Phil Connors at 978-569-6253 or email [coachconnors@gmail.com](mailto:coachconnors@gmail.com)

Application Form on Back

## Gym Rats Basketball Clinic

Circle One

T-Shirt Size- S, M, L, XL (All adult sizes)

Session- Circle one

Week 1- July 16<sup>th</sup>-19th

Girls's Name \_\_\_\_\_

Parents Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Grade "18/19" School Year \_\_\_\_\_

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Insurance Co. \_\_\_\_\_

Policy # \_\_\_\_\_

Subscriber's Name \_\_\_\_\_

Phone Number (        ) \_\_\_\_\_ - \_\_\_\_\_

Preauthorization required by insurance company?

Yes \_\_\_\_\_ No \_\_\_\_\_

The clinic assumes no responsibility for accidents and medical and/or dental expenses incurred as a result of participation in this sports clinic. All participants must submit insurance information to be admitted. In case of emergency, I authorize the clinic staff to arrange the necessary medical treatment for my child.

Parents Signature \_\_\_\_\_

Date \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Payment for each clinic is due in full with registration.

Please make checks payable to: Gym Rats Basketball

Mail completed form and payment to:

Gym Rats Basketball School

32 Arcadia Ave. Lowell, MA 01851