

**Excel in Basketball will offer our Annual Day Camps, Junior Camp and Shooting Camp.**

**New this Season: Offensive Skills Camp, Defensive Skills Camp**  
**Information on our camps is included on pages 1-3**  
**of this brochure. Hope to see you this summer!**

## **Excel in Basketball 2012**

...A Summer Tradition Since 1981

### **Basketball Day Camp for Grades 4-12**

Session 1: August 6-10 • For Grades 4-9 Boys and Girls / Grades 10-12 Boys

Session 2: August 13-17 • For Grades 4-9 Boys and Girls

### **Junior Camp for Grades 1-3**

August 13-16 at The Academy of Our Lady of Peace • For Boys and Girls in Grades 1-3

### **Shooting Camp for Grades 5-12**

August 20-21 at New Providence H.S. • For Boys and Girls in Grades 5-12

### **Offensive Skills Camp for Grades 4-9**

August 11-12 at The Academy of Our Lady of Peace • For Boys and Girls in Grades 4-9

### **Defensive Skills Camp for Grades 4-9**

August 18-19 at The Academy of Our Lady of Peace • For Boys and Girls in Grades 4-9

**New**

**New**

## **Excel in Basketball Day Camps • For Grades 4-9 Boys & Girls/Grades 10-12 Boys**

**Dates and Location:** The Excel in Basketball Day Camps will be conducted jointly at:

New Providence High School: 35 Pioneer Drive, New Providence, NJ

The Academy of Our Lady of Peace: 111 South Street, New Providence, NJ

Session 1: August 6-10 9:00 - 2:00 For Grades 4-9 Boys and Girls/Grades 10-12 Boys

Session 2: August 13-17 9:00 - 2:00 For Grades 4-9 Boys and Girls

**Daily Schedule:** The camp day begins at 9:00 AM and ends at 2:00 PM. The daily schedule:

1. Station drills stressing passing, shooting, defense, dribbling, ballhandling, offensive moves, rebounding, game situations
2. "Pistol" series—Pistol Pete Maravich ballhandling drills and exercises
3. Daily lectures on key aspects of the game
4. Defensive drill emphasis each day in our lectures and follow-up station
5. Two League games and practice sessions every day
6. Dribble Series—specially designed dribbling exercises to enrich ball handling skills
7. Juice will be provided at the noon lunch break, campers should provide their own bag lunch

We welcome students of all skill levels. Our high instructor-to-student ratio guarantees the individual attention required by the beginner and potential All-Stater.

**Videotape:** Each camper will have the mechanics of their shot videotaped and individually analyzed.

**Awards:** Each player will receive an individualized evaluation card. Awards will be given to age group foul shooting and one-on-one champions.

Outstanding Player, Best Defense, Most Improved, and Most Inspirational Awards will be presented in each league.

**Tuition** The tuition fee for one week is \$175.00. The fee for both sessions is \$350.00. A non-refundable deposit of \$90.00 (one week) or \$180.00 (two weeks) will reserve a place in camp.

Tuition includes a camp T-Shirt, awards, and a challenging session of intensive instruction and team play.

**Full Tuition is due prior to July 15.**

**For additional information on the Excel Camps, please contact Brian Sullivan by:**

**Email: [excelcamp@gmail.com](mailto:excelcamp@gmail.com) Phone at 908-464-9599 or visit our Website: [www.excelinbasketball.com](http://www.excelinbasketball.com)**

**Please register early, EXCEL has been full for the past 26 years.**

## Excel in Basketball Shooting Camp For Boys & Girls in Grades 5-12

For serious basketball players looking to improve their skills or learn the proper fundamentals to excel in the "science of shooting." 8 hours of in-depth instruction focuses on the basics of shooting. Provides detailed video analysis, competitive shooting drills and games that establish practice patterns to guarantee success.

**Instruction:** Lectures on topics ranging from: stance, grip, shooting preparation, technique of shooting and practice patterns. Further instruction includes: using screens on and off the ball, shooting on the move and off of offensive moves.

**Application:** Brief instructional lectures are followed by immediate application sessions consisting of small group practice providing the maximum amount of supervised repetitions.

**Stations:** Players rotate through station drills focusing on key fundamentals of shooting and shot preparation.



### Dates/Location

August 20 & 21  
from 8:30-12:30  
at New Providence H.S.

**Grouping:** Students are grouped by age, size, and ability.

**Shot Analysis:** Each player will have the mechanics of his/her shot video-taped and individually analyzed.

**Tuition:** \$90.00 Tuition fee includes a camp T-Shirt, Shooting Evaluation Card, plus two intense days of instruction and drills. Payment in full must accompany the completed application to reserve your space in camp.



## A Message From the Director, Coach Frank Allocco

### Fundamentals are not Dead!!!

In an era of decreasing fundamentals and skills at every level of basketball, we are proud to conduct a camp focusing on the development of basic skills for players of all skill levels.

My desire to coach blossomed when I played college football and basketball at the University of Notre Dame under the guidance of coaching legends Ara Parseghian and "Digger" Phelps.

My diversified coaching experiences include 16 years of coaching boys and girls of all ages and skill levels at the CYO level. My passion for teaching and emphasis on fundamentals has led to a successful career at the high school level where I have developed 52 college players, 37 at the Division 1 level.

My camp experiences include coaching at the famous Five Star Basketball Camp. I have trained countless high school coaches at Nike Clinics held throughout the U.S. I was a featured clinician at the Nike All-Asia Basketball Camp in China where I coached the top players in Asia. In 2010 I was the featured clinician for the Belgium Basketball Coaches Federation.

I am proud to return to my roots at The Academy of Our Lady of Peace and New Providence High School. I am grateful for the opportunity to give back to the community that gave me so much. We are committed to continuing our emphasis on fundamentals and developing young athletes to be fine players and fine people.

### The Allocco Coaching File

Northgate H.S. & De La Salle H.S.  
20+ years: 567-79  
Second All-Time Winning  
Percentage in California History

Won 20 games for 21  
consecutive seasons

Won 30 games in 6 seasons

Reached the "Final 4" of the  
State Playoffs 9 of the past 13 years

### Championships include:

17 League Titles, 14 in a row

9 North Coast Section Titles  
6 Nor-Cal Regional Titles  
3 State Championships

### Honors Won:

National High School  
Coach of the Year: 2000

California State Coach of the Year:  
1994, 2000, 2010, 2011

North Coast Section  
Honors Coach: 2004

East Bay Coach of the Year  
1995, 1996, 2000, 2006, 2011

Head Coach of Michael Jordan  
All-American Game: 2006

The only coach in California  
History to win State Championships  
at two different schools.  
Northgate: 1995  
De La Salle: 2000, 2006

## Excel in Basketball Junior Camp For Boys & Girls in Grades 1-3

An introduction to the "Excel Experience" in shorter hours.

### Dates and Location

August 13-16 3:00-6:00 PM at  
Our Lady of Peace Gym, New Providence

**Camp is Monday through Thursday.**

3 hour daily sessions include:

**Station drills** stress: passing, shooting, defense, dribbling, rebounding, ballhandling, offensive moves and game situations.

• **2 Games per Day** •

**Daily Lectures** on Key Aspects of the Game

• **Dribble Series** • **Ballhandling Series**

**Learn Basketball in a fun environment!**



**Tuition:** \$115.00 fee includes a T-shirt and challenging session of detailed instruction and team play. Payment in full must accompany the completed application to reserve your space in camp.

## Excel in Basketball Offensive Skills Camp For Boys & Girls in Grades 4-9

**Dates and Location:** Academy of Our Lady of Peace Gym, New Providence

August 11: 8:30-12:00

August 12: 2:00-5:30

**New**

Teaches the intricacies of offensive play. 7 hours of instruction introduces 1 on 1 moves, Screens and Seals, Decision-Making, Perimeter-Post movement, Post-Post Movement, Team Passing, Half Court Offense and Transition Offensive Play.

**Instruction:** Topics include: Motion Offensive Movement, Fast Break Basketball, Attacking the Defense, Screening, Moving with and Without the Ball, Spacing, Creating Angles, Passing

**Competition:** 4 on 4 play, 5 on 5 play, Transition play. Games provide application of skills in a fun environment

**Tuition:** Weekend Specialty Camps are \$85. Payment in full must accompany the application. Tuition fee includes a camp T-Shirt, plus two intense days of instruction and drills. Deadline for enrollment is 7 days before the first day of camp.

Registration is limited, first come, first served basis.

## Excel in Basketball Defensive Skills Camp For Boys & Girls in Grades 4-9

**Dates and Location:** Academy of Our Lady of Peace Gym, New Providence

August 18: 8:30-12:00

August 19: 2:00-5:30

**New**

Teaches and reinforces every aspect of defensive play. The 7 hours of intense instruction introduces individual stances: on ball, denial, helpside and post defense. Other topics include defending screens, transition defense, team defense. Players apply skills in 1 on 1, 2 on 2, 3 on 3, 4 on 4 settings.

**Instruction:** Topics include: stance on ball, denial defense, helpside concepts, post denial, defending high low post play, stopping the fast break, trapping defense, zone play. Games provide application of skills in a fun environment.

**Tuition:** Weekend Specialty Camps are \$85. Payment in full must accompany the application. Tuition fee includes a camp T-Shirt, plus two intense days of instruction and drills. Deadline for enrollment is 7 days before the first day of camp.

Registration is limited, first come, first served basis.

### Learn fundamentals from some of the finest teachers in the area.

**Staff:** Coach Allocco will be joined by Coach Art Cattano, Head Coach of New Providence High School for almost 30 seasons. Coach Brian Sullivan will once again serve as the Assistant Director as he has for the past 20+ years.

The 1:8 coaches/players ratio provides for individual attention. Our staff consists of High School Coaches, College Players, most are Alumni of the Excel Program.

**Grouping:** Players grouped according to age, size, and ability.

## Application Steps:

Please complete: 1. Application 2. Consent & Waiver 3. Insurance Information 4. Mail in

# 1. "Excel in Basketball" Camp Internet Application 2012

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_

e-mail address: \_\_\_\_\_

Confirmation will be sent via e-mail. Please write legibly and put us on your safe list.

Home Phone \_\_\_\_\_ Emerg. Phone \_\_\_\_\_

Family Doctor \_\_\_\_\_

School \_\_\_\_\_ **Grade Next Sept. '12** \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_

Circle T-shirt size: **Youth:** Large **Adult:** Small Medium Large XL

Please mail me \_\_\_\_\_ additional brochures for my friends.

Please indicate session desired:

- Day Camp 1 August 6-10 Tuition 175.00**  
For boys & girls in grades 4-9 & boys in grades 10-12 in the Fall of 2012
- Day Camp 2 August 13-17 Tuition 175.00**  
For boys and girls in grades 4-9 in the Fall of 2012
- Please enroll me in both sessions Tuition \$350.00**
- Junior Camp August 13-16 Tuition \$115.00**  
For boys and girls in grades 1-3 in the Fall of 2012
- Shooting Camp August 20 & 21 Tuition \$90.00**  
For boys and girls in grades 5-12 in the Fall of 2012
- Offensive Camp August 11 & 12 Tuition \$85.00**  
For boys and girls in grades 4-9 in the Fall of 2012
- Defensive Camp August 18 & 19 Tuition \$85.00**  
For boys and girls in grades 4-9 in the Fall of 2012

Enclosed is: (check the appropriate box)

- Payment in Full (1 Session - \$175.00 / 2 Sessions - \$350.00)
- 90.00 deposit for Day Camp registration (1 week)
- \$180.00 deposit for Day Camp registration (2 weeks)
- \$115.00 Full Payment for Junior Camp
- \$90.00 Full Payment for Shooting Camp
- \$85.00 Full Payment for Offensive Skills Camp
- \$85.00 Full Payment for Defensive Skills Camp

**Send non-refundable deposit payable to: Excel in Basketball**

14 Clement Road New Providence, NJ, 07974 • Balance due no later than July 15, 2012

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## Parent's Consent Form and Insurance Information

Camper's Name \_\_\_\_\_

### 1. Parent's Consent:

I hereby give my consent for my child to participate in all activities at the "Excel in Basketball" Day Camp. I declare that my child is in good physical condition. I hereby give the Staff of "Excel in Basketball" permission to render such medical and hospital care as, in their judgment, may seem advisable for my child.

\_\_\_\_\_  
PARENT'S SIGNATURE

### 3. Proof of Insurance:

Policy No. \_\_\_\_\_

Name of Company \_\_\_\_\_

### 2. Parent's Waiver:

I hereby state that we have adequate medical coverage and hereby release Excel in Basketball, its Officers, Agents, Servants, and Employees from any and all liability with respect to any injuries that may be sustained by our child while going to, while engaging in, and returning from this activity. I will not hold the Staff of "Excel in Basketball" liable for any injuries incurred during the camp session.

\_\_\_\_\_  
PARENT'S SIGNATURE

Please inform us of any physical limitations or ailments which would affect your child's participation at camp in the space provided below. We look forward to making this camp experience a very memorable one.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**All information above must be completed to enroll your child in camp. Incomplete applications will be returned and jeopardize your child's enrollment in camp.**

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**4. Mail to: Excel in Basketball, 14 Clement Road, New Providence, NJ 07974**