

Overnight Campers - What To Bring To Camp:

- Basketball Gym Shoes (maybe an extra pair)
- Running Shoes for outside
- Basketball Shorts - At least four pairs
- Athletic Socks - At least four pairs
- T-Shirts - At least four
- A Summer Jacket or Long Sleeve Shirt
- Pajamas
- Personal Hygiene Items – Deodorant, Toothbrush, Toothpaste...etc.
- Toiletries and shower shoes (campers will share a common bathroom)
- Each Camper is responsible for bringing his own linens and towels, we recommend:
 - Sheets (*twin, extra-long*)
 - Pillow and pillow case
 - Blanket
 - Bath and face towels
- Campers are permitted to bring electronic devices such as cell phones, iPods ... etc. We recommend that these items be left locked in the Camper's dorm room or be stored in the camp bank. Please note that camp is not responsible for lost items. All items should be labeled with the Camper's name to include Gym Bags.
- Please contact the Camp Director should a Campers require Medication or Inhalers...etc.
- **If you would, please label all belongings.**

Day Campers:

Day campers shall participate in the same activities as overnight campers except for breakfast and dinner in the on-campus cafeteria. Day Campers are expected to have breakfast prior to their arrival at to Erskine College each day at 9:00 am. Day Campers should be picked up each around 5:00 pm. Day Campers must check-in each morning and check-out with an adult each evening. Please notify the Camp Director should there be any conflicts with Check-Ins or Check-Outs. Day Campers are not permitted in the dorms in the evening.

Check-In:

Check-in at Grier Hall on Monday, July 22nd from 8:00 am - 8:45 am for Overnight Campers. Day Campers should check-in at the Belk Arena (Galloway Activity Building) doing the same timeframe.

The Basketball Workout Camp Schedule

Monday, July 22nd

8a – 9a	Registration – Overnight @ Grier Hall/Day @ Belk Arena
9a – 12p	Assembly Gym/Rules/Devotion/Player Development Stations/Drills
12p – 1p	Lunch
1p – 2p	Free Play
2p – 4p	Assembly Gym/Around the World Competition/Team Play
4p – 5p	Day Camper Dismissals @ 4p/Free Play
5p– 6p	Dinner
6p – 7p	Free Play
7p – 8p	Assembly Gym/Individual Player Development
8p – 10p	Movie/Games/Snacks
10p	Back at Dorm/Nights out @ 11p

Tuesday, July 23rd

6:30a - 7a	Raise and Shine ½ Mile Run/Conditioning
7a – 8a	Breakfast
9a – 12p	Assembly Gym/Devotion/Player Development Stations/Drills
12p – 1p	Lunch
1p – 2p	Free Play
2p – 4p	Assembly Gym/Around the World Competition/Team Play
4p – 5p	Day Campers Dismissals @ 4p/Free Play
5p – 6p	Dinner
6p – 7p	Free Play
7p – 8p	Assembly Gym/Individual Player Development
8p – 10p	Swimming/Movie/Games/Snacks
10p	Back at Dorm/Nights out @ 11p

Wednesday, July 18

6:30a – 7a	Raise and Shine ½ Mile Run/Conditioning
7a – 8a	Breakfast
9a – 12p	Assembly Gym/Devotion/Championship Competitions
12p	Wrap Up/Awards/Pictures/Dismissal from Camp

Erskine College Flying Fleet Basketball Elite Camp

9a – 9:15a	Registration – Free Play
9:15a – 9:30a	Introduction, Organization, Stretch and Get Loose
9:30a – 10a	Conditioning Agility Drills
10a – 10:15a	Break – Meet with Admissions/Strength & Conditioning
10:15a – 10:30a	Ball Handling Drills 4 Line Passing (Pivots) – 2 Ball Drills, 4 Corner Zig Zag vs Defense
10:30a – 11:30a	Player Development Stations Station – Shell Drill, 2 Man Shell, 3 Man Shell, 4 Man Shell (Ball You Man Concept) Close out with 2 hands, Defensive Rotation, Box out. Start with shell and build to close out & then box outs Station – 2 Balls Reading Picks, Straight, Curl, Backdoor, Flare Station – Shooting (3 in a Row Drill from 6 spots) Catch & shoot, 1 dribble to left, 1 dribble to right (5 spots – RC, RW, Top of Key, LW, LC) Last Person Moves Cone Station – Big Man Post Moves – Drop Step Baseline, Drop Step Middle, 2 Dribbles-Dribble Drop, Up and Under)
11:30a – 12:45p	Lunch/Devotion/Tour Campus
12:45p – 1:30p	Stretch/Get Loose/Competition Station/1 on 1, 2 on 2, 3 on 3, 4 on 4 Defensive – Close out high hands, Deny/Help Line, Wall Up, Finish Defensive Possession by Contesting Shots/Box Out Offensive – 3 dribbles, pass & cut, pass & screen away/exchange, Pick & Roll/Pop 2 man Drill vs Defense
1:30p – 2:50p	5 on 5 Games
2:50p – 3p	Recap/Evaluations/Dismissal