

**Register Now  
for This  
Championship Camp!**

**Complete the  
application**

**and send to:  
Bob DiFlorio**

**14 East Ridge Circle  
Upper Holland, Pa.  
19053**

**Please make checks  
payable to  
Bob DiFlorio**

**An Injury Insurance Policy  
On Each Camper Is Provided**

## **1. Offensive Basketball**

- A. Proper Techniques Of Shooting**
  - 1. Receiving The Ball
  - 2. The Jump Shot
  - 3. The Layup
  - 4. The Free Throw
- B. Offensive Moves**
  - 1. The Triple Threat Position
  - 2. The Jab Step Series
  - 3. Moves Around The Basket
- C. Ball Handling, Passing & Dribbling**
  - 1. Demonstration Of Fundamental Ball Handling Drills
  - 2. Speed, Crossover, Change Of Pace Spin Dribble, Inside-Out & Back Dribble
  - 3. Proper Techniques Of Passing

## **2. Rebounding**

- A. Defensive Rebounding**
  - 1. Boxing Out Techniques
  - 2. Positioning
  - 3. Outletting The Ball
- B. Offensive Rebounding**
  - 1. SOFO-Spin Off The First Obstacle

## **3. Defensive Basketball**

- A. Individual Defense**
  - 1. Good Defensive Stance
  - 2. Proper Foot Movement-Advance & Retreat Steps
  - 3. Method Of Playing The Man With The Basketball
- B. Team Defense**
  - 1. Help & Recover Techniques
  - 2. Positioning For Help Side Defense
  - 3. Defending Screens

# **St. Bede's CYO Basketball Camp 2007**



**Dedicated In Memory  
Of  
Mr. Danny Craige**

**Campers from all area  
parishes are welcome**

**June 25-29**

**(Boys and Girls ages 6-10)**

**July 9-13**

**(Boys and Girls ages 10-15)**

**July 23-27**

**(Boys and Girls ages 6-15)**



### Camp Information

June 25-29 & July 9-13 & July 23-27  
9:00 a.m. - 2:00 p.m.

**St. Bede the Venerable**  
1733 Holland Rd.

If you pre-register ..... \$100.00  
Family: /Per child ..... \$80.00  
If you register at the door..... \$110.00  
If you register for two sessions ..... \$180.00  
If you register for all three session..... \$240.00

#### Cost Includes:

Instruction  
Camp T-Shirt  
Injury Insurance

#### Open To:

**Boys & Girls Ages 6-15**  
**From All Area Parishes**

#### What to Bring

Gym Shoes, Socks, Shorts, Shirt, and Lunch

#### Clinic Features

- Drill on fundamentals at daily stations
- 1 on 1, 2 on 2, 3 on 3, 4 on 4, foul shooting
- Shooting games and ball handling competition
- Individual instruction
- Mini lectures
- Handouts for the scholar-athlete

#### Our Goal

- Everyone has fun!
- Each player improves his understanding of the game
- Everyone develops fundamental skills
- Everyone is given information to help foster social, academic and athletic growth

### Camp Director - Bob DiFlorio

- Associate Head Coach-  
Father Judge High School
- Former Head Basketball Coach-  
Morrisville High School
- Former Head Basketball Coach-  
Conwell-Egan High School
- Former Head Coach-  
Neumann Goretti High School
- Clinician At Dematha High School  
Camp-Clinician At St. Joseph's  
University Camp
- Clinician At LaSalle University Camp-  
Clinician At Eastern Invitational  
National Recruiting Basketball Camp

#### Camp Staff

- Present & Former Philadelphia Catholic  
League players will be on the staff

#### Lecturers

- Men's & Women's Coaches From The  
Philadelphia Catholic League

#### Note:

Speakers Are Subject To Change  
The coach to camper ratio will  
not exceed 1 To 8  
Information Or Questions,  
Please Contact

**Coach DiFlorio At (215) 891-0869**  
**Or email at [HoopsCoachBB@aol.com](mailto:HoopsCoachBB@aol.com)**

## Application For 2007 St. Bede's Basketball Camps

NAME

ADDRESS

CITY

STATE

ZIP

GRADE

AGE

SCHOOL

HOME PHONE

EMERGENCY PHONE

T-SHIRT SIZE (Circle One)

Youth L Men's Sizes: S M L XL

Circle Desired Sessions

1	2	3
boys and	boys and	boys and
girls ages	girls ages	girls ages
6 - 10	10 - 15	6 - 15

Parent's Signature

**Make checks payable to**  
**Bob DiFlorio**