

Register online at
www.eastcoastbasketballcamps.com or mail
check for \$150 to
East Coast Basketball Camp
310 West 4th Street, Suite 405
Winston-Salem, NC 27101
(Please Print)

Name_____

Address_____

City, State, Zip_____

E-mail_____

(you will receive an email confirmation of your enrollment)

T-shirt size____ Age as of 1st day of camp_____

Phone_____Emergency no._____

Grade in 2010-2011 School Year_____

M/F____ School attending now_____

I waive and release East Coast Basketball Camps from any and all liability from injury and illness going to camp from home or while at camp or while returning home. I, as parent/guardian, have actual knowledge and appreciation of the particulars of the program and hereby voluntarily consent to said minor's participation, and assume the risk arising therefrom. I hereby give my permission for emergency medical treatment in the event I cannot be reached. East Coast Camps requires a physical examination within the 12 month period of the date the camper is scheduled to attend camp. I confirm that my child will meet this requirement and I will notify East Coast Basketball Camps of any condition that may prevent him/her from participating in any/all camp activities.

Signature of Parent/Guardian:_____

Date:_____

Family Discount \$10.00

(Receive a \$10 discount for each additional immediate (brother/sister) family member enrolled) Refund Policy: A refund less \$50 for administrative costs can be requested until the camp starting date. After this date, no refunds will be given. All refunds must be requested in a written statement.

A \$10 processing fee is added for applicants registering the first day of camp.

East Coast Basketball Camps
310 West 4th Street Suite 405
Winston-Salem, NC 27101

2010 East Coast Basketball Camp



Northwest Piedmont 2-A Tournament Champions

June 21-25
West Stokes High School
For Boys and Girls
Ages 8-18

Directed by Dan Spainhour
*5 Full Days of Great
Basketball Instruction*

Pay with your credit card online at
www.eastcoastbasketballcamps.com

Camp Features

- Quality fundamental instruction
- Each camper receives a Camp T-Shirt
- Daily skills contests and prizes
- Set the camp record contests in which campers have an opportunity to enter into East Coast Basketball's Hall of Champions

Goal of the Camp

"The goal of our camp is to provide every camper, within a fun-filled atmosphere, the basic fundamentals necessary to play basketball. We emphasize the fundamentals. Every camper will be shown what to practice and more importantly HOW TO PRACTICE. Everyone will receive plenty of individual attention. We want each camper to be a better player when the week is over."

—Coach Dan Spainhour

Typical Daily Schedule

Each Day is Packed With Basketball

- I. Morning Instructions & Stretching
- II. Fundamental Instructions/Demonstration
- III. Stations—Individual Fundamental Work
- IV. Skills Contests
- V. Fundamental Practice Session—Campers are shown how to practice for maximum improvement
- VI. 3 on 3 league play
- VII. Lunch
- VIII. Set the Camp Record Contests
- IX. Guest Speaker/Video Session
- X. Shooting Clinic
- XI. Evaluation Drills/Shooting Leagues
- XII. League Games
- XIII. Review & Closing Lecture

Register online with a credit card at
www.eastcoastbasketballcamps.com
(336) 529-5901

THE CAMP



During the morning session, time will be devoted to the development of individual skills. Campers will be schooled in all aspects of individual

offensive and defensive basketball during teaching stations. These stations will cover shooting, ball handling, passing, screening, and man-to-man defense. Each camper will receive loads of "hands-on" experience as they go through various drills aimed at teaching the proper techniques of the game of basketball. Following stations, campers will be shown how to properly practice during the fundamental practice session. This session demonstrates how to practice individually to improve important fundamentals required to become better basketball players.

Each morning, Coach Spainhour will cover topics such as communication, self-improvement, how to practice and what coaches look for in players. League games, arranged by age groups, are devoted to developing the team concept and the incorporation of the skills learned during teaching stations. Also, campers will compete in skills contests by age group.

Campers should bring a bag lunch. Drinks will be sold at the camp site.



Before you can excel at the high school or college level you must first master the fundamentals. We teach the fundamentals and provide each camper with individual instruction in all phases of the game!



Dan Spainhour

The camp is directed by Dan Spainhour. Coach Spainhour has been directing camps for 23 years. This past season he led West Stokes to the conference tournament championship and was named conference coach of the year marking the 15th time

he has received such an honor. As a high school basketball coach, he has collected over 280 victories and won nearly 70% of his games. He also coached at Florida State University where he helped lead the Seminoles to the postseason NIT and at the University of Miami where he helped lead the Hurricanes to their first NCAA tournament appearance in 38 years. Coach Spainhour is considered to be one of the top teachers of basketball fundamentals in the country.

The Staff

Outstanding high school and college coaches as well as players round out the coaching staff. Staff members are selected based upon their basketball knowledge and their ability to relate to the campers. East Coast Basketball Camps consistently assembles one of the finest camp staffs anywhere.

Tuition

Tuition at the East Coast Basketball Camp is \$150.00 for registrations received before the first day of the camp. A \$10 processing fee is added for applicants registering the first day of camp. Tuition includes a camp shirt.

Family discount of \$10.00 for each additional child (immediate family) enrolled.



"Dan Spainhour is an excellent basketball coach. He has a tremendous understanding of the game. His teaching ability makes him one of the finest coaches in the game."--Leonard Hamilton, Head Coach, Florida State University