

Junior Oly Basketball Camp



June 24th-June 27th
Grades are for 2019-2020 School Year
1st-5th Graders 9AM - Noon
6th-8th Graders 1 - 4 PM
@Sprague High School

A Normal Day at Camp

Sample day at camp:

1:00 - 1:10	Stretching
1:10-1:20	Shooting Drills
1:20-1:30	Defensive stations
1:30-1:40	Team practice
1:40-2:00	Games
2:00-2:15	Shooting competitions
2:15-2:45	Shell defense
2:45-3:30	Individual Skill Development
3:30-3:50	Games
3:50-4:00	Awards/Gatorades

ALSO:

Campers will be placed on teams and will compete against each other daily. There will be shooting competitions daily: 3-point contest, hot shot competition, free throw contest, and camp favorite: "Knock out"!



(1st Team ALL MVC Player Mason Lomax in a game vs. McNary)

Benefits of Jr. Oly Basketball Camp

- Become a better basketball player.
- Learn life lessons that will help you on and off the basketball court.
- Receive quality instruction from current Sprague boys basketball coaches and players.
- Understand basic terminology that is used in the Sprague boys basketball program.
- Learn drills and techniques that current Sprague basketball players use to get better on a daily basis.
- Have fun getting better at the game that we all love!



(2nd Team ALL MVC Player Kobe Withers vs. West Salem)

Jr. Oly Basketball Camp Coach - 2019

Jordan Graneto (2nd Year @ Sprague)
 This will be a week that our young campers will love! We will teach all basketball fundamentals of both offense and defense. The camp will be run by Sprague basketball head coach Jordan Graneto and his Sprague Basketball Staff. Jordan is entering his second season as the Sprague Head Basketball Coach. Previously Jordan spent two years as the North Salem Varsity head basketball coach, two years as the JV basketball coach at McNary High, played collegiately at Corban University, and won two conference championships while being the starting point guard at McNary High School.



(Coach Jordan Graneto coaching a game @ McNary High School)

*Current and former Sprague High School players and coaches may be in attendance and help direct drills during camp.

Cost

* Camp Cost = \$65

**** Send your registration to Sprague High School**
***** Cash or check should be made out to Sprague Basketball**

******Mail Registration and Payment to:**

Sprague High School
 Jordan Graneto
 2373 Kuebler BLVD
 Salem, OR, 97302

Questions?

Email: graneto_jordan@salkeiz.k12.or.us



(Honorable Mention ALL MVC Guard Greyson Salinas playing in a Varsity Game)

Registration Form

_____		_____	
First Name			Last Name

Address	City	Zip	

Home Phone	Emergency Phone		

Email Address for Future Reminders			

School	Grade (For Fall)	Birthday	

Payment: I have attached the \$65 to this registration form... YES_____ NO_____

Shirt Size: _____

Insurance Waiver

I also understand that Sprague High School does **NOT** provide medical insurance coverage and that I will be responsible for any medical expenses incurred due to an injury during any clinic days.

_____	_____
Parent/Guardian Signature	Date