

NEW FOREST VIPERS
HALF TERM BASKETBALL CAMP

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VIPERS



12-14th February
NOADSWOOD SCHOOL



VIPERS BASKETBALL



The camp will run from Monday to Friday from **9.30am to 3.30pm**. It is open to all players of any ability aged from **8 to 16**. All players must bring a packed lunch and drink for the day and wear appropriate clothing to play sport. If you have any questions relating to camp please email mjackson@brock.ac.uk for further information. **The camp costs £50.00 for three days or £20.00 per day**

If you wish to attend please complete the form and bring with you on the first day, but too book your place message the vipers Facebook page or email majckson@brock.ac.uk

The Coaches

Head Coaches
Mark Jackson and Ash Briggs

Experienced level 2 qualified coaches who bring excitement and fun to the game.

Mark has been playing/coaching for over 20 years and has played at the professional level here in the UK.

Ashley is currently on the U20 England team and is one of the most exciting and upcoming players in the UK.



Typical Day

9.30am	Meet and greet Register
9.35am	Camp stretch
9.45am	Stations focusing on skills of the game
10.30am	Water Break
10.35am	Second round of Stations
11.35am	Water Break
11.40am	Skills Circuit challenge
12.15pm	Team Training
12.30pm	Lunch
13.30pm	Re camp warm up and stretch
13.40pm	Hot shot competition / time challenge
2.00pm	Games
3.30pm	Finish day

Name:

Age

Telephone number

Home:

Mobile:

Medical Conditions

Email address

Address

Post Code

Payment made in

Visit the webpage for more info on coaches and camps

<http://nfvipers.wixsite.com/vipers>