

# SPRING BREAK CAMP



## CAMP Directors

### Mehmet Ali Tinay (Mali)

Graduated in Physical Education from Department of Marmara University Istanbul-Turkey, Mali played professional basketball for over 15 years in the National Turkish League. He represented Turkey on the Junior, U20, Senior B and Senior A national teams. Since retiring from professional basketball in 2003, Mali has been involved in every aspect of the game by advising teams and players and also acting as a personal trainer. In 2010, Mali joined the West Island Lakers as the head coach for our Mini-Boys AAA intercity team.

### Jonathan Merritt

Graduated in history with honors and currently studying in secondary education at McGill University. John played his basketball with the Lakers intercity program and later played for the John Abbott College AAA team. For the past six years, John has been a head coach with the West Island Lakers at the mini, bantam and midget boy's level. He is also an assistant coach with the John Abbott College Men's AAA team.

## Typical Day at Camp

**Start of Camp**  
(9:00 AM)

**Warm-up**  
(9:00 – 9:20 AM)

**Conditioning**  
(9:20 – 9:50 AM)

**Basic Skills (age-appropriate):**  
*Shooting, Passing, Dribbling*  
(9:50 – 11:00 AM)

**Stretching**  
(11:00 – 11:30 AM)

**Lunch**  
(11:30 – 12:30 PM)

**Warm-up**  
(12:30 – 1:00 PM)

**Stations**  
*Fundamental and Ball Handling*  
(1:00 – 1:45 PM)

**Scrimmage**  
(1:45 – 2:45 PM)

**Stretching**  
(2:45 – 3:00 PM)

**Basketball Skills and  
Conditioning Camp  
for boys and girls  
ages 9 to 15**



### Camp Location:

**Westview Bible Church Gym**  
16789 Pierrefonds Blvd.  
Pierrefonds, QC, H9H 4T3  
(Corner of St-Charles and Pierrefonds Blvd)

