

WILBA BASKETBALL CAMP

www.wilba.net



Ball Handling Skills



Passing Skills

**SUMMER
2017**



Shooting Skills



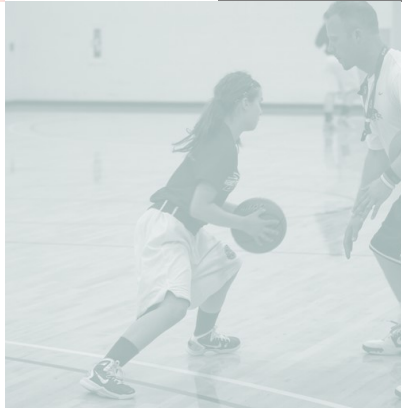
Defensive Concepts



Movement Skills



Offensive Concepts



Conditioning



Mobile: 514-795-4674
Email: camp@wilba.net
www.wilba.net

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CAMP INFORMATION

STAFF

Experienced Staff:

Jonathan Merritt, Camp Director. Graduated in history with honors, Jon is currently teaching History at Selwin House High School. Jon played his basketball with the West Island Lakers Intercity program and later played for the John Abbott College Division 1 team. Jon has been coaching at all levels with the Lakers over the past 10+ years and is currently the head coach of our juvenile boy's AAA team.

Robert, is currently studying Engineering at Concordia University. He played his basketball with the West Island Lakers Intercity program and later with John Abbott College Islanders Division 1 team before becoming an assistant coach with WILBA Juvenile Boys AAA team.

Annie, is currently studying science at John Abbott College. Annie played with the West Island Lakers Intercity program from Mini to Juvenile AAA. She is currently a starting shooting guard with the John Abbott College Lady Islanders Division 1 team.

Kelly, is currently studying Commerce at John Abbott. Kelly graduated from John Rennie Sport-Etudes program Basketball Concentration. She was recruited by John Abbott College Lady Islanders but had to take a year off due to injuries. Kelly played with the West Island Lakers Intercity Program from Bantam to Juvenile AAA.

Chris, is responsible for organizing the camp, its operation, registration, and accounting. Any questions, comments and/or suggestions can be forwarded to him at camp@wilba.net

DATES

We offer 5 weeks of Basketball Camp:

Week #1: July 3rd - July 7th
Week #2: July 10th - July 14th
Week #3: July 17th - July 21st
Week #4: July 24th - July 28th
Week #5: July 31st - August 4rd

COSTS

You receive a discount for more than 1 week:

\$210 for 1 week
\$400 for 2 weeks (~5% discount)
\$585 for 3 weeks (~7.5% discount)
\$760 for 4 weeks (~10% discount)
\$920 for 5 weeks (~12.5% discount)

Payment can be made by credit card during registration process

LOCATION

Camp Location:

West Island College
851 Tecumseh street
DDO, Quebec

TYPICAL DAY

Camp Hours: 9 AM to 3:30 PM

8h45–9h00: Campers arrival
9h00–9h30: Warm-up & Conditioning
9h30–11h00: Individual Skills Development
11h00–12h00: Defensive and Offensive Concepts
12h00–12h30: Lunch Break
12h30–13h00: Station Workout
13h00–14h00: Defensive and Offensive Concepts
14h00–15h15: Games and Competition
15h15–15h30: Cool down and stretchers
15h30–15h45: Campers Departure

REGISTRATION

How to register to the camp:

Registration is completed on-line. Go to wilba.net and click on **REGISTRATION**. Follow the instruction for the Basketball Camp. If you encounter any issue you can communicate with registrar@wilba.net for additional information or camp@wilba.net if you have any questions.



WILBA Summer Camp
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