

BASKETBALL TRAINING CAMP 2025



TUESDAY 30 SEPTEMBER

LOCATION: Daramalan College Canberra, 121 Cowper St, Dickson

AGE GROUPS: Students in Years 4,5,6 and 7

Drop off and pick up is in the foyer of the Daramalan College Sports Centre. Please enter the school via the Morphett St entrance and park closest to the oval. Then enter the school via the closest quad which will lead you to the sports centre. All instructors are highly experienced, many currently playing in the premier league BACT competition.

ARRIVAL & PICK UP TIMES

- Arrive: Between 8.30am - 9am
- Pick up: 4pm sharp

WHAT TO BRING/WEAR:

- Basketball training attire, rubber soled shoes
- A basketball
- Packed lunch. (similar to school, please bring your own lunch and snacks every day in a clearly named lunch box or bag. Lunch shouldn't include any nuts or nut products)
- Drink bottle. (Please make sure it is named)
- A small amount of cash. A small canteen will be set up to sell lollies and soft drink.

WHAT NOT TO BRING: Avoid bringing items that you wouldn't want to get dirty, lost or broken. These items include iPad's and other electronic devices, watches and jewellery.

TYPICAL SCHEDULE

8.30-9am – Arrival/ Casual shootaround
9.00-9:20 – Introduction/ warm up and group allocations
9:20-10.00 – Session 1
10.00-10.30 – Recess
10.30 – 11:10 – Session 2
11.10 – 11.20 – Drinks break (instructors game)
11.20 – 12.00 – Session 3
12.00-1.00 - Lunch
1.00 – 1.40 – Session 4
1.40 – 1.50 – Drinks break (instructors game)
1.50 – 2.30 – Session 5
2.30-3.00 – Afternoon tea
3.00 – 3:45 – Full court games
3.45 – 4.00 – Warm down/ tidy up
4.00pm sharp – Pick up

SESSIONS (order may vary on the day)

Session 1: Shooting clinic using our Dr Dish Complete Trainer

Session 2: Fun basketball games

Session 3: Non active session - NBA games on the big screen/ board games/ card games etc

Session 4: Ball Handling and passing workshop

Session 5: Small sided games

PAYMENT

\$80 per day, payments can be made using the following link:

\$70

**EARLY BIRD SALE IF
YOU BOOK BEFORE
END OF AUGUST.**

