



June 10th - June 14th



SUMMER BASKETBALL CAMP

When	June 10th - June 14th 2024 from 8:30am-3pm Monday-Friday. Afternoon Extended Care available from 3:00-6:00pm for additional cost (see below).
Where	St. Thomas More Gymnasium @ St. Thomas More School (50 Thomas More Way. San Francisco, CA 94132)
Who	Any boy or girl entering 2nd, 3rd, 4th, 5th, 6th, 7th or 8th grade. The Camp is led by Trevor Duckworth, PE Manager at St. Thomas More & Athletic Director at St. John School. Coach Trevor comes with 20+ years of youth coaching experience with the SF Archdiocese, the Golden State Warriors and other programs. Please see his LinkedIn page ("Trevor Duckworth, M.S.") or his website (www.benchmarkathletics.com) for more info.
Cost	\$425 per child. Receive a 5% discount if enrolling multiple siblings. Pro-rates available for \$85/day. Proceeds benefit St. Thomas More School. Make payment to "Benchmark Athletics" with memo "Basketball Camp." Accepting cash, check, venmo (@benchmarkathletics) and CC's. For CC's, call or text Coach Trevor's cell phone at 831-419-5733 to schedule a transaction in person or to make a transaction over the phone. Mail checks to 1768 Great Highway, SF, CA 94122 or deliver to Ms. Helen at front desk. Afternoon extended care is \$15/hour and can be dealt with on last day of camp prior to dismissal.
Includes	Certificate, prizes, improved skills, increased knowledge, and some snacks. Lunch not provided. Please provide a lunch for your child.
Registration	Make payment and complete / return registration page by email or snail mail. benchmarkathletics001@gmail.com / 1768 Great Highway. SF, CA 94122
Deadline	Registration and payment deadline is Friday, June 7th at 11:59pm or until maximum capacity is reached. Register early as these spots will fill up quick. For any questions or concerns please email or call Coach Trevor (benchmarkathletics001@gmail.com ; 831-419-5733). Please also visit benchmarkathletics.com Feel free to invite friends from other schools. We hope to see you there!



The Official Registration Page



for the

2024 Summer Basketball Camp

[6/10 - 6/14 8:30am-3pm]

*****Extended Care Available After Camp*****

Camper Name: _____

Camper's Grade Level: _____ Age: _____

Guardian (1) Name: _____ Relationship: _____

Guardian(1) Email: _____

Guardian (1) Emergency Contact Number: _____

Guardian (2) Name: _____ Relationship: _____

Guardian (2) Email: _____

Guardian (2) Emergency Contact Number: _____

Address: _____

City/Zip: _____

2024 Summer Basketball Camp Fees	Extended Care Fees
\$425 per child	**PM Session (3:00-6:00) = \$15/hour
Please make payment to <u>Benchmark Athletics</u> <u>benchmarkathletics001@gmail.com</u>	*Venmo: @benchmarkathletics *Credit Card: Call or text 831-419-5733 to schedule a transaction over the phone. *Cash / Check to 1768 Great Highway. SF, CA 94122



Please Return this document with Payment to Trevor Duckworth, Benchmark Athletics



The Schedule

Time	Activity
8:30-10:00	Morning Shootaround / One on One Instruction
10:00	1st Whistle: Campers to Roll-Call Lines
10:00-10:15	Stretching & Basketball Jeopardy
10:15-10:45	Warm-Ups
10:45-11:05	Dribbling Drills
11:05-11:25	Lay-up Drills
11:25-11:50	Shooting Drills
11:50-12:00	Listening Game
12:00-12:45	Lunch: All campers to remain on campus
12:45-1:15	Defense!
1:05-1:25	Rebounding Drills
1:25-1:45	Passing & Moving without the ball.
1:45-2:05	Free-throws
2:05-2:55	Scrimmages
2:55-3:00	Closing remarks & dismissal
3:00	Parent pick-up
3:00 - 6:00	Afternoon session of Extended Care