

**Make all checks payable to:
Fred McPhee**

and send completed form to:
90 Sandy Valley Road
Dedham, MA 02026

"Prepare for every game like you
just lost your last game"
- Lon Krueger

If you want team play, you must
stress defense. Defense makes
players unselfish"
- John Brady

To be successful you need to have
good, happy players"
-Norm Sloan

First master the fundamentals"
- Larry Bird

Those who work the hardest are
the last to surrender"
- Rick Pitino

Talent wins games, but teamwork
and intelligence wins
championships"
- Michael Jordan

Ask not what your teammates can
do for you but what you can do for
your teammates"
- Magic Johnson

Camp Director



Fred McPhee has 25+ years of coaching experience at Dedham Country Day School and the King Philip Basketball League.

Fred has also coached U-12, U-13 Blue Devils AAU program the last two years.

Camp will be staffed with college players and local high school player with a ratio of 6 to 1 campers.

Tuition:

\$350.00

Includes t-shirts, prizes and 3 meals provided daily at the dining facility.

*Register by 4/15 and deduct \$50.00 from tuition fees.

Drop off on Wednesday at 1pm
Pick up on Saturday at 3pm

Join Us



Triple Threat Hoops
in
Sunny Cape Cod
Overnight Basketball Camp

August 17th - 20th

Located in Brewster, MA
at the beautiful
Cape Cod Sea Camps facility

*** Girls entering grades 6-9 are eligible**

What we offer!

Triple Threat Hoops offers a **FUND**amentally sound camp.

By helping campers to be better persons through teaching them how to play competitive basketball.

Our goal is to develop well rounded, complete basketball players.

"Offense sells tickets, defense wins games, rebounding wins championships"
Pat Summit
University of Tennessee Head Coach

How we do it!

Offense:

- Shooting
- Dribbling
- Movement w/out ball
- Passing
- Post up skills
- One on one
- Rebounding

Defense:

- Man on man
- Zone
- Team defense/protect the paint
- Rebounding/outlet passing

Typical Day

7:00	Rise & Shine
7:30	Breakfast
8:30	Warm up
9:00	Skill stations
10:30	Team drills
11:00	Games
12:00	Lunch
1:00	Guest speaker/lectures
1:45	Swim
2:30	Post/perimeter play
4:00	Games
5:00	Dinner
6:30	Evening competitions
8:00	Evening activity
10:00	Lights out

Evening activities include:

- ✓ Movie night
- ✓ Bonfire
- ✓ Sundae social

Come have some fun before you head back to school. Bring a friend and make Triple Threat Hoops a memorable experience.



Application

Camper Information

First Name: _____ MI: _____
Last Name: _____
DOB: _____ Age: _____
School: _____ Grade Entering: _____
Experience: _____
Youth T-Shirt Size: _____
Adult T-Shirt Size: _____
Roommate Request: _____

Contact Information

Address: _____
City: _____
State: _____ Zip: _____
Phone (h): _____ Phone (c): _____
Email: _____

Emergency Contact Information

Name: _____ Relation: _____
Phone (h): _____ Phone(w): _____
Phone (c): _____

Medical Insurance Information

Do you carry medical/hospital insurance? Yes/No _____
If yes, name of carrier: _____
Policy Number: _____ Subscriber: _____
Physician: _____

Medical Conditions

List any neurological issues and /or disabilities: _____
List any chronic or recurring medical conditions: _____
List any dietary restrictions _____