

CAMP REQUIREMENTS

1. Campers should arrive at the gym by 9:00 a.m. with shorts, sneakers, a towel and a full water bottle.
2. Campers should bring their own dairy, Kosher lunch and drink each day. A cooler, or soft sided insulated bag with your name is recommended. No glass containers are allowed.
3. Campers should not bring any basketballs to camp! LMBC will provide all necessary equipment.
4. Campers will be expected to show good sportsmanship and to follow LMBC staff rules throughout the week. Failure to do so will result in dismissal from camp.



First String Sports 

106 Newport Lane
North Wales, PA 19454
610-574-2038
E-mail: downerg@lmsd.org

Voted
THE MAIN LINE'S



The Main Line Times

First String Sports 

presents

2009 LOWER MERION Basketball Camps

FOR BOYS AGES 8 - 16

AT JCC KAISERMAN CENTER
45 HAVERFORD ROAD (AT CITY AVE.)
WYNNEWOOD, PA

CAMP: AUGUST 17-21

TIME: 9 A.M. TO 3 P.M.
MONDAY-THURSDAY
9 A.M. TO 1 P.M.
FRIDAY

COST: \$200
\$25 DISCOUNT FOR EACH
ADDITIONAL FAMILY MEMBER



DIRECTOR
**GREGG
DOWNER**
HEAD COACH
LOWER MERION
HIGH SCHOOL
BOY'S
BASKETBALL



CAMP DIRECTOR

Gregg Downer recently completed his 19th season as Head Coach of the Lower Merion High School Boys Basketball team. Coach Downer has compiled the following impressive credentials during his tenure:

- Over 350 career wins
- A 70% career winning percentage
- Nine Central League Championships
- Eight State Tournaments
- One District Title
- Two State Championship Titles
- One State Championship Runner-Up
- Coach of Los Angeles Laker superstar Kobe Bryant
- Induction into the Media Hall of Fame
- Five Coach of the Year Awards

CAMP HIGHLIGHTS

- Campers receive a T-shirt and the opportunity to win daily awards/prizes.
- Current & former Aces players working the camp.
- Great guests – Previous speakers include:
Phil Martelli - St. Joseph's University
Joe Jones - Columbia University
Fran Dunphy - Temple University
Bruiser Flint - Drexel University
Speedy Morris - St. Joseph's Prep
Matt Brady - Marist University
- Campers will enjoy a variety of skills competitions including: 3 point shooting, ball handling, foul shooting, and scrimmaging.



A SAMPLE DAY

9:00-9:15	Warm-up/stations
9:15-9:30	Opening Comments (Objectives)
9:30-10:30	Skills stations
10:30-11:30	3 on 3 – 5 on 5 team play
11:30-Noon	Daily speaker
Noon-12:30	Lunch Break
12:30-1:00	Free throw competition
1:00-2:00	Skills competitions
2:00-3:00	Team Play

2009 Lower Merion Basketball Camp Registration

Please complete the form below and send along with a check for \$200.00 (\$25 discount for each additional family member) to:

First String Sports
106 Newport Lane
North Wales, PA 19454

Camper's Name _____

Address _____

Age _____

School _____

Grade Entering in September 2009 _____

Adult T-shirt S M L XL XXL

Parent Name _____

Cell Phone _____

E-mail Address _____

Emergency Contact _____

Emergency Number _____

Please pack a dairy, Kosher lunch.

Injury or early withdrawal = future camp tuition.

Waiver consent: I hereby request that my child be admitted to the LMB Camp. I authorize the staff of the camp to act on my behalf in case of any medical emergency. I am responsible for any damage caused by my child to any property due to misconduct or misbehavior. I hereby forever indemnify and save harmless the LMB Camp for and against any and all liabilities or judgements arising from injury as a result of or incidental to my child. Participation in camp provides First String Sports the opportunity to take photos for future use. My child is physically fit to participate in the camp.

Parent/Guardian's Signature: _____



Check out our website:
www.aceshoops.com

Camp Questions? Call (610) 574-2038