

# BRAHMA ALL-STAR ATHLETIC CAMPS 2011

## **BOYS AND GIRLS SPEED CAMP**

DATES: JUNE 06 – JULY 21 (Mondays – Thursdays) **Camp be off week of July 4<sup>th</sup>.**

TIME: 7:00AM – 8:30AM Session I (9-12 Graders as of Aug 2011) Session II 9300AM – 11:00 A.M. (7-8 Graders)

COST: \$40.00 each Participants will need their own shorts, shirts and shoes.

PRE-REGISTRATION: Will begin May 23<sup>rd</sup> in the athletic office.

**We will provide transportation from all elementary schools plus Gillett to and from camp. Bus Pick up time @ 6:30 am for session I & bus pick up/drop off time @ 9:00am for session I & II, drop off time for session II will be 11:15am**

LOCATION: H.M. KING HIGH SCHOOL TRACK & WEIGHT ROOM

COURSE FOCUS: To enhance and improve upon the strength and speed of **all** athletes at H.M. King High School.

COURSE DIRECTOR: Robert Wilcox, Athletic Director/ Head Football Coach

## **TENNIS CAMPS**

SESSION I

DATES: JUNE 06 – JUNE 23 (Mondays – Thursdays) **Will be off week of June 27<sup>th</sup>.**

SESSION II

DATES: JULY 05 – JULY 21 (Mondays – Thursdays)

AGES: 6-18 YEARS OLD (AS OF AUG 2011)

TIME: 8:30 – 10:00 A.M. BEGINNER

10:00 – 11:30 A.M. INTERMEDIATE

COST: \$45.00 EACH SESSION,

PRE-REGISTRATION: Will begin May 23<sup>rd</sup> in the athletic office.

LOCATION: H.M. KING HIGH SCHOOL TENNIS COURTS

CAMP FOCUS: Basic Fundamentals, technique, ground stroke production, drills, conditioning, singles & double drills, and match play. All players will get a T-Shirt.

CAMP DIRECTOR: Ed Gonzales, Head Tennis Coach

## **VOLLEYBALL CAMP**

DATES: JUNE 13 – 16

TIME: 9:00AM – 12:00PM – GRADES 4<sup>TH</sup> – 6<sup>TH</sup> (AS OF AUG 2011)

1:00pm – 4:00pm – GRADES 7<sup>TH</sup> – 9<sup>TH</sup> (AS OF AUG 2011)

COST: \$20.00, must wear tennis shoes, shorts and a t-shirt to participate

PRE-REGISTRATION: Will begin May 23<sup>rd</sup> in the athletic office.

LOCATION: H.M. KING HIGH SCHOOL MAIN GYM

CAMP FOCUS: To enhance and improve upon the key elements of volleyball for each athlete.

CAMP DIRECTOR: Mark Belford, Head Volleyball/Girls Basketball Coach

## **BOYS AND GIRLS BASKETBALL CAMP**

DATES: JUNE 20 – 23

TIME: 9:00AM – 12:00PM – GRADES 4<sup>TH</sup> – 6<sup>TH</sup> (AS OF AUG 2011)

1:00pm – 4:00pm – GRADES 7<sup>TH</sup> – 9<sup>TH</sup> (AS OF AUG 2011)

COST: \$25.00 must wear tennis shoes, shorts and a t-shirt to participate

PRE-REGISTRATION: Will begin May 23<sup>rd</sup> in the athletic office.

LOCATION: H.M. KING HIGH SCHOOL MAIN GYM

CAMP FOCUS: To enhance and improve upon the fundamentals of basketball & team play.

CAMP DIRECTOR: Karron Taylor, Head Boys Basketball Coach & Mark Belford, Head Girls Basketball/Volleyball Coach

## **NEW BULL FOOTBALL CAMP**

DATES: AUGUST 1 - 4

TIME: 9:00AM – 12:00PM – GRADE 9<sup>TH</sup> (AS OF AUG 2011)

COST: \$10.00

PRE-REGISTRATION: Will begin May 23<sup>rd</sup> in the athletic office.

LOCATION: H.M. KING HIGH SCHOOL FOOTBALL FIELD

CAMP FOCUS: Offers each athlete an opportunity to learn proper technique and build on their own abilities.

CAMP DIRECTOR: Robert Wilcox, Athletic Director/Head Football Coach

## **FOR FURTHER INFORMATION CONTACT:**

H.M. KING HIGH SCHOOL ATHLETIC DEPARTMENT

JAN SEYFORS, ATHLETIC SECRETARY

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