



**Courtenay
Recreation**

Basketball Skills & Games (July 20-24)

Each day please bring:

- Lunch & snacks
- Lots of water
- Change of clothes (incase wet/messy)

Please don't bring:

- Money or valuables
- Electronics
- Nut products

Camp Leaders:

- Westin and Amelia

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Camp Sign In LINC Outdoor Court	Camp Sign In LINC Outdoor Court	Camp Sign In LINC Outdoor Court	Camp Sign In LINC Outdoor Court	Camp Sign In LINC Outdoor Court
9:45 am	Welcome to Camp Games	Warm Up and Stretch	Warm Up and Stretch	Warm Up and Stretch	Warm Up and Stretch
10:30 am	Warm Up and Stretch	Mini Basketball Games & Drills	Mini Basketball Games & Drills	Mini Basketball Games & Drills	Mini Basketball Games & Drills
11:00 am	Mini Basketball Games Layup Line	Mini Basketball Games 3 v 3	Mini Basketball Games Progression Layups	Mini Basketball Games Defensive Work	Mini Basketball Games Obstacle Course
11:30 am	Scrimmage	Scrimmage	Scrimmage	Scrimmage	Scrimmage
12:00 pm	Camp Sign Out LINC Outdoor Court	Camp Sign Out LINC Outdoor Court	Camp Sign Out LINC Outdoor Court	Camp Sign Out LINC Outdoor Court	Camp Sign Out LINC Outdoor Court