



BASKETBALL CAMP

SUMMER 2016

QUICK FACTS

WHAT Basketball Camp, including 4 days of quality instruction and a t-shirt.

WHERE Lehi Legacy Center

WHO Boys and Girls
Grades K-6 (2016-17)

WHEN July 11-14, 2016

TIME 9 a.m. to 12 p.m.

FEES \$108

SUMMER BASKETBALL CAMP JULY 11-14, 2016

This four-day camp will provide participants with basic fundamentals of basketball. Spots are limited, so sign up today.

Lance Hunsaker has been running the Lehi Recreation Basketball Camp for the last 5+ years. He has a vast knowledge of coaching and brings with him a great team to work on developing basketball fundamentals with the kids. The 2015 season was the second year for Lance as an assistant coach with the Weber State Wildcats. In 2015, Hunsaker coached the linebackers at Weber State. Hunsaker went to Weber State after spending two seasons on the coaching staff at the University of Utah where he spent time as the academic coordinator as well as Associate Director of Player Personnel for the Utes.

He earned a Bachelor's degree in advertising from Southern Utah University in 2001 and a Master's degree in Sport Psychology at the University of Utah in 2006.



REGISTRATION

Registration Deadline: June 21, 2016 (or until full)

Register at the Legacy Center Back Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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www.facebook.com/lehilegacycenter



Follow us on Twitter!
www.twitter.com/legacycenter

SEE BACK OF FLYER FOR CAMP OUTLINE

Register by June 21, 2016. Space is limited and registration is only open until full. Sign up early to save your spot!

LEHI LEGACY CENTER
123 North Center Street
385.201.2000

www.lehi-ut.gov/legacy-center



RECREATION

REGISTRATION HOURS
Monday-Friday
8 a.m. to 6 p.m.
or register online.

Summer Basketball Camp 2016

Skills Taught During the Camp

- 1) Shooting Fundamentals
 - a) Developing a proper shot line
 - b) How to shoot with one hand
 - c) How and when to shoot a layup with each hand

- 2) Basic Fundamentals
 - a) Different types of passes and when to make each pass
 - b) One on One moves
 - c) How to set a screen
 - d) How to come off of a screen: curl, fade, slip
 - e) System for shooting a free-throw

- 3) Contests
 - a) Speed, lightning, knock-out
 - b) Free-throw contests
 - c) Spot shooting contests
 - d) Five on five basketball
 - e) Partner shooting