

## General Program Philosophy:

Guardians Summer program is designed to allow youth to play and have fun with their peers while learning the fundamental skills to basketball in a supportive and positive environment. An emphasis on fun learning and developing basic skills is at the forefront. This is not a competitive team program thus winning will not be the highest priority.

**\*ALL Sessions will be held at:**

**Volleydome GYM 293057 James Jones Way Rockyview Alberta T4A 0X1  
(south of CrossIron Mills)**

## Program Schedule for Athletes Born 2010 to 2014:

### **Week 1 July 4-8:**

Monday July 4 <sup>th</sup>	9:00AM-Noon MST	– Fundamental Skills & Mini Games
Tuesday July 5 <sup>th</sup>	9:00AM-Noon MST	– Team Skills & Mini Games
Wednesday July 6 <sup>th</sup>	9:00AM-Noon MST	– Fundamental Skills & 3on3
Thursday July 7 <sup>th</sup>	9:00AM-Noon MST	– Fundamental Skills & 4on4
Friday July 8 <sup>th</sup>	9:00AM-Noon MST	– Game Play

### **Week 2 July 11-15:**

Monday July 11 <sup>th</sup>	1:00PM-4:00PM MST	– Fundamental Skills
Tuesday July 12 <sup>th</sup>	1:00PM-4:00PM MST	– Team Skills & Mini Games
Wednesday July 13 <sup>th</sup>	1:00PM-4:00PM MST	– Fundamental Skills & 3on3
Thursday July 14 <sup>th</sup>	1:00PM-4:00PM MST	– Fundamental Skills & 4on4
Friday July 15 <sup>th</sup>	1:00PM-4:00PM MST	– Game Play

### **Week 3 July 18-22:**

Monday July 18 <sup>th</sup>	1:00PM-4:00PM MST	– Fundamental Skills
Tuesday July 19 <sup>th</sup>	1:00PM-4:00PM MST	– Team Skills & Mini Games
Wednesday July 20 <sup>th</sup>	1:00PM-4:00PM MST	– Fundamental Skills & 3on3
Thursday July 21 <sup>st</sup>	1:00PM-4:00PM MST	– Fundamental Skills & 4on4
Friday July 22 <sup>nd</sup>	1:00PM-4:00PM MST	– Game Play

**For more information please call (587)-619-0590 or email [gym.guardians.bb@gmail.com](mailto:gym.guardians.bb@gmail.com)**

**\*\*Note: Scrimmage/Game Play will be informal, refereed by coaches, and everyone will be playing as much as possible to focus on application of individual and team skills for learning and long-term development.**

**\*\*\*Note: Rules for spectators (and whether we can have them) will be subject to changing COVID-19 case numbers and potential restrictions.**



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**(south of CrossIron Mills)**

## Program Schedule for Athletes Born 2006 to 2009:

### **Week 1 July 4-8:**

Monday July 4 <sup>th</sup>	1:00PM-4:00PM MST	– Fundamental Skills & Mini Games
Tuesday July 5 <sup>th</sup>	1:00PM-4:00PM MST	– Team Skills & 3on3
Wednesday July 6 <sup>th</sup>	1:00PM-4:00PM MST	– Team Skills & 4on4
Thursday July 7 <sup>th</sup>	1:00PM-4:00PM MST	– Team Skills & 5on5
Friday July 8 <sup>th</sup>	1:00PM-4:00PM MST	– Game Play

### **Week 2 July 11-15: Shooting Camp**

Monday July 11 <sup>th</sup>	9:00AM-Noon MST	– Form Shooting
Tuesday July 12 <sup>th</sup>	9:00AM-Noon MST	– Shooting off the Dribble
Wednesday July 13 <sup>th</sup>	9:00AM-Noon MST	– Catch & Shoot
Thursday July 14 <sup>th</sup>	9:00AM-Noon MST	– Shot Creation
Friday July 15 <sup>th</sup>	9:00AM-Noon MST	– Shooting Competitions

### **Week 3 July 18-22:**

Monday July 18 <sup>th</sup>	9:00AM-Noon MST	– Fundamental Skills & Mini Games
Tuesday July 19 <sup>th</sup>	9:00AM-Noon MST	– Team Skills & 3on3
Wednesday July 20 <sup>th</sup>	9:00AM-Noon MST	– Team Skills & 4on4
Thursday July 21 <sup>st</sup>	9:00AM-Noon MST	– Team Skills & 5on5
Friday July 22 <sup>nd</sup>	9:00AM-Noon MST	– Game Play

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