












# PAUL ARMSTRONG BASKETBALL CAMP

**JULY 16-20**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM M O R N I N G</b>	<b>Offensive Footwork Series</b>  <b>Ball Handling Lecture</b>	<b>Skill Stations</b>  <b>Shooting Lecture</b>  <b>1-on-1 Lecture</b>	<b>3-on-3 Lecture</b>  <b>Shooting Breakdown Videos</b>  <b>Two Ball Competition Continues</b>	<b>Full Court Transition</b>  <b>BUMP</b>  <b>3-on-3 Mini-Tournament</b> 	<b>Final Skills Station</b>  <b>Hot Shot Final</b>  <b>Two Ball Competition Final</b> 
<b>PM A F T E R N O O N</b>	<b>Hot Shot + Two Ball Competitions + 3-on-3 Cross-Court</b>  <b>ACE POINT Game Begins</b> 	<b>Jump Shot Analysis</b>  <b>ACE POINTS Continues</b>  <b>Guest Speaker: Aaron Blakely (Carleton Ravens Men's Assistant Coach)</b> 	<b>ACE POINTS</b>  <b>Guest Speaker: Elizabeth Roach (Carleton Ravens Women's Assistant Coach)</b> 	<b>ACE POINTS</b>  <b>Guest Speaker: Dave Malowski (Glebe C.I. &amp; Carleton Ravens Women's Assistant Coach)</b> 	<b>Bump</b>   <b>Final Scrimmage</b>  <b>ACE POINT Finale</b>

**\*NB: Program subject to change without notice\***

**Your coaches for the week are Paul and Kate Armstrong**

**Please Bring EVERYDAY...**

**Back-Pack with:** Lunch (no peanut/nut or peanut/nut by-products), Running Shoes, Snacks, Water Bottle, Sunscreen (SPF 30+), Hat, Bathing Suit & Towel (PLEASE LABEL YOUR CHILD'S BELONGINGS)

**\*Reminder\***

**PRE-CARE:** Runs 8AM-9AM (17 Hopewell Ave.)

**DROP OFF:** No later than 9AM at Hopewell Public School (17 Hopewell Ave.)

**PICK-UP:** No later than 4PM at Hopewell PS unless you're registered for After-Care

**AFTER-CARE:** Runs 4PM-5:30PM at the FIREHALL (260 Sunnyside Ave.)

If your child will be absent, please call us at 613-247-4946 and let us know or email [firehallcoordinators@oldottawasouth.ca](mailto:firehallcoordinators@oldottawasouth.ca)