



CHESHIRE PHOENIX BASKETBALL CAMP 2013 APPLICATION FORM

Return form to: Mrs N Gardner, 6 Brackendale, Elton, Chester CH2 4PH Telephone 01928 725357

Name: Male Female
 Address:
 Postcode:.....
 Home Telephone No: Mobile No:
 Date of Birth: / / Height: FT IN

ENROLMENT

Complete this application form and send it with £50 deposit or full amount to the above address. Please make cheques payable to: 'CHESHIRE BASKETBALL CAMPS & CLINICS (CBC & C)'. Please tick box indicating your choice. Confirmation will be sent to every camper on receipt of your deposit. **For those paying deposit the final balance should reach us NO LATER THAN 6th July 2013.**

NON-RESIDENTIAL

Junior	£109	Mon to Thur 9am - 4pm & Fri 9am - 2pm	Lunch provided	<input type="checkbox"/>
Junior Plus	£179	Sun 2pm - 9pm, Mon to Thur 9am - 9pm & Fri 9am - 2pm	Lunch and evening meal provided	<input type="checkbox"/>
Regular <i>(Intermediate, Senior & Big Man)</i>	£199	Sun 2pm - 9pm, Mon to Thur 9am - 9pm & Fri 9am - 2pm	Lunch and evening meal provided	<input type="checkbox"/>

RESIDENTIAL

Regular <i>(Intermediate, Senior & Big Man)</i>	£269	Sun 2pm to Fri 2pm	3 meals a day and accommodation	<input type="checkbox"/>
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If arriving by train or bus please collect from
 Time: Date:

PARENTS DECLARATION

I support this application for Cheshire Phoenix Summer Camp 2013.

Parents Signature: Date:

PLEASE INDICATE BY TICKING APPROPRIATE BOX FOR REVERSIBLE VEST SIZE

JUNIOR ONE SIZE
 SENIOR S (34") M (38")
 L (40") XL (44")

EARLY BIRD DISCOUNT
 Pay your deposit before 31st March and receive a discount of £15 off each place booked.



SUMMER RESIDENTIAL BASKETBALL CAMP

Sunday 28th July to Friday 2nd August 2013

TOP PRIZE

All Expenses Paid trip to the 5 Star Camp in Pittsburgh USA



EARLY BIRD DISCOUNT OFFER
 See inside for details

CheshirePhoenix

@cheshirenix

www.cheshirephoenix.co.uk

INTRODUCTION

Cheshire Phoenix - formerly known as Cheshire Jets - are one of the biggest and most successful basketball teams in the British Basketball League, winning eight trophies since 2001.

Alongside the professional team, Cheshire Phoenix run the following programmes:

- Two major Junior national league programmes for stand out athletes, which include both English and Welsh internationals.
- A network of Junior clubs across the North West with over 8,000 male and female participants in 2012/13.
- The 3rd largest club in England with over 900 registered members.

This is the 27th year of the Cheshire Phoenix Summer Camp with over 200 campers attending each of the last 5 years making it amongst the biggest and best camps in Europe. The camp will once again be held at Whitby High School, Ellesmere Port.

REGULAR CAMP

For campers 11 years and older

BIG MAN CAMP

Normally the minimum age is 14 and minimum height 6'4". The camp concentrates on the special skills needed for playing close to the basket-usually the tallest players.

The above camps are either residential or non-residential.

JUNIOR PLUS CAMP

For 7-10 year olds with some basketball experience at school or club level. *Non residential.*

Regular Camp, Big Man Camp and Junior Plus Camp are from Sunday 28th July at 14:00 and then daily (09:00-21:00) until Friday 2nd August (finishing at approx. 14:00).

JUNIOR CAMP

For 7-10 year olds who are beginners with little or no basketball experience. *Non residential.*

Junior camp runs from Monday 29th July (daily from 09:00-16:00) until Friday 2nd August (finishing at approx. 14:00).

All photographs courtesy of www.bkephoto.co.uk

CAMP STRUCTURE

7:30 - 8:00	Wake up
8:15 - 8:50	Breakfast
9:00 - 9:20	Stretching, flexibility and ball handling
9:20 - 12:00	Stations; defence, individual offense, team offense, dribbling, core stability, shooting,
12:15 - 13:30	Lunch
13:30 - 16:00	Afternoon games
16:15 - 17:00	Lecture
17:15 - 18:00	Dinner
18:00 - 18:30	Team practice
18:30 - 21:30	Evening games
21:30 - 22:00	Showers
22:00 - 22:30	In rooms
22:30	Lights out

THE CAMP OFFERS...

- An individual assessment highlighting strengths and areas for improvement
- Championship team in each division; juniors, intermediate and seniors
- 3 on 3 champions
- 1 on 1 champions
- Free throw competition
- Best Defensive Player
- All star game for each division
- Slam dunk competition

CAMP VALUES

Safety - A full risk assessment is carried out and a number of suitably qualified first aiders are always in attendance.

Commitment - Success is 1% inspiration, 99% perspiration.

Equality - Each and every camper is treated with equal respect no matter what their playing standard or age. There are no superstars on the Cheshire Phoenix camp.

Food - As much as you can eat. Healthy food is available every mealtime to allow you to give your best on court.

Value for Money - Our prices speak for themselves.

Be the best you can be - We will provide the environment and coaching for you to be the best you can be - the rest is up to you.

COACHES

The Cheshire Phoenix professional coaches and players have set the coaching framework for the week and will be coaching throughout the camp. Many other coaches are former internationals and camp MVP's on the camp, some over 20 years ago! Others are senior coaches within England's regional and national programmes and current American College coaches.

PRIZES



- The Camp MVP wins an all expenses paid trip to the 5 star camp in Pittsburgh USA. An outstanding experience for any basketball player and a prize money can't buy.
- Each player receives a free Cheshire Phoenix reversible vest worth £25.
- In addition there are numerous great prizes for each division.

DON'T WORRY...

- **About your lack of skill** - we will teach you
- **About being young** - we will look after you
- **About not knowing anyone** - you will make friends
- **About arriving by train or bus** - we offer a free shuttle bus from Chester train station to the camp
- Just bring a great attitude and you'll have a great time and become a better player

FIND OUT MORE...

Visit us at Facebook, Cheshire Phoenix for lots of photos and videos of last year or go to www.cheshirephoenix.co.uk and click on the summer camp page for more details.

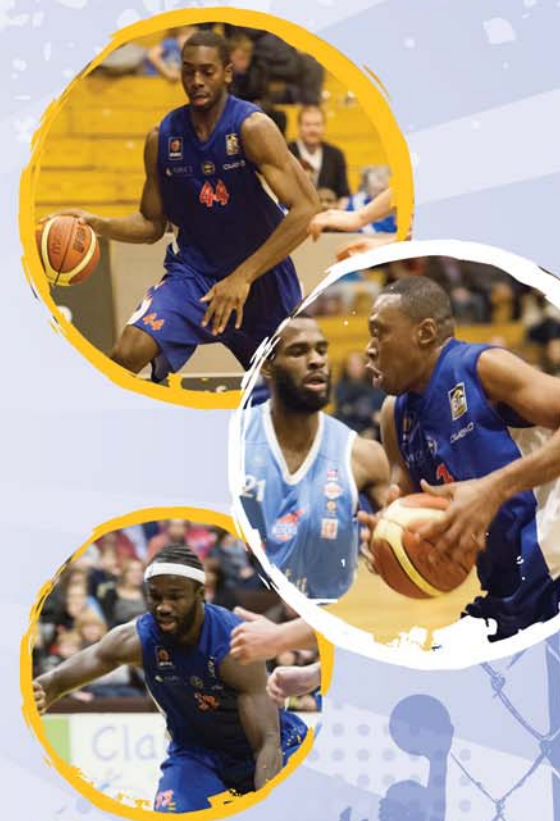
 CheshirePhoenix  @cheshirenix

WHAT DO PREVIOUS CAMPERS SAY ABOUT THE CAMP...

'As always it was a really intense week with lots of great coaching and top level games, for many years the camp has helped me to play at the highest level I can.'
Josh McGinn age 17 Camp MVP 2010 Manchester Magic and England U18s. Currently playing for the Mersey Tigers.

'The camp was really hard work but great fun, I made some good friends and my basketball improved so much.'
Sam Wilson age 11

'My basketball game improved so much in the week, the coaches took time to help me develop lots of skills I hadn't previously got, I now feel ready for the national league season ahead.'
Simon Jones age 14



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