

## Palmyra Area Basketball Camp Registration Form

Camper's Name

Age                      Grade Next Year

Home Address:

Home/Contact Phone Number

Father's Name and Daytime Phone #

Mother's Name and Daytime Phone #

Emergency/Secondary Contact and  
Daytime Phone #

Email Address

Shirt: ym yl yxl as am al axl

Pre or post camp care:

Pre    Post    Both

Please fill out this form and sign the Release Waiver on the back. Submit along with the registration fee of \$130 before May 16 or \$140 after May 16, **payable to Palmyra Boys Basketball Boosters**, to:

Palmyra Area Basketball Camp  
c/o Coach Pete Conrad  
304 Goldfinch Lane  
Hummelstown, PA 17036

## Past Camp Speakers

### Scott Coval

Head coach at DeSales College is ultra-successful and one of the best clinicians on shooting to be found anywhere

### Alan Seretti

Head coach at Dickinson College. Has led Dickinson's program from the bottom of the Centennial Conference to national prominence.

### Scott Slayton

Former Red Land head coach who built the most successful run in Red Land basketball history; a camp favorite because of his high energy, intense speaking style.

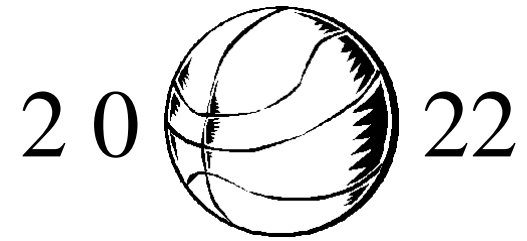
### Sam Light

Standout at N. Lebanon HS went on to All-America status at LVC and a professional career; outstanding player talks of the work he put in to make his dreams reality.

*We are committed to bringing in quality speakers to educate and entertain our campers. The goal is for campers to see how highly successful coaches and players approach the game and approach their everyday lives.*

Palmyra Area Basketball Camp  
c/o Coach Pete Conrad  
304 Goldfinch Lane,  
Hummelstown, PA  
(717) 579-7967  
Checks payable to:  
**Palmyra Boys Basketball Boosters**

Pizza will be available  
to purchase for lunch from:

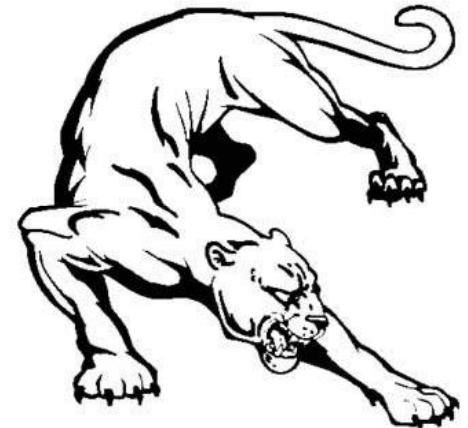


## Palmyra Area Basketball Camp

June 20-23 - 9am to 3pm

Grades 4-8 :Palmyra High School Gym

Grades 1-3: Pine Street Elem Gym



Directed by Pete Conrad  
Head Coach – Palmyra High School

*The Official Basketball Camp of the  
Palmyra Cougars Boys' Basketball Program*

**District 3 Tournament Qualifier**  
2012, 2013, 2015, 2016, 2017, 2021, 2022

**District Finalist**  
2013

**PIAA Qualifier**  
2013, 2017

## Palmyra Area Basketball Camp

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The staff of the Palmyra Area Basketball Camp will consist of high school and junior high school coaches, other area coaches, and former high school and college players from Palmyra. A superior collection of speakers will be featured to teach and entertain the campers.

All campers will play in 1 on 1, 3 on 3, and 5 on 5 competitions under the supervision of our staff. Team play will be split into age appropriate leagues. All campers are guaranteed at least 2 games per day with equal playing time. A Palmyra Cougar Basketball Camp t-shirt will be handed out to all campers.

Campers will also receive instruction on important areas of basketball. Coaches will strive to ensure that campers will learn in a positive and fun environment for all levels of players.

### Dates, Times and Costs:

June 20-23 (9:00 am – 3:00 pm)

- Optional individual shooting and skillwork 3-3:30 daily
- Boys – Rising 2<sup>nd</sup> through 8<sup>th</sup> grade
- Held at Palmyra High School
- \$130 Registration fee received by May 16; \$140 after May 16
- *note pre and post camp extra care options*

*Check payable to*

*Palmyra Boys Basketball Boosters*

## Daily Schedule

- 8:30 Sign in/ Free shooting  
Individual Work w/ coaches
- 9:00 Focus of the day/ Full court drills
- 9:30 Skill Stations – Group I
- 1) Post play
  - 2) Ball handling
  - 3) Team offense
  - 4) Team defense
  - 5) Shooting
  - 6) 1v1 moves
- 11:00 3 on 3 Play
- 11:45 Lunch
- 12:30 Guest Speakers
- 1:15 Team Practice
- 1:30 5 on 5 Tournament Play
- 3:00 Dismissal; Optional individual shooting and drills

## What Each Camper Will Receive

- 1) Individualized skill instruction; *not baby sitting*
- 2) Quality speakers with *successful basketball resumes*
- 3) Interaction with and instruction from highly qualified staff
- 4) 3v3 and 5v5 tournament play to determine a camp champion
- 5) Palmyra Basketball Camp T-shirt
- 6) **Instruction based on the concepts and philosophies used by the PHS Boys Varsity Basketball Team and Program.** This camp is for players who aspire to play varsity boys basketball for the Palmyra Cougars.

### Pre-camp and Post-camp care options:

- \$25/wk for 8a drop off and supervision;**
- \$25/wk for 4p pick-up / supervision 3-4;**
- \$40/wk for both 8a drop and 4p pick-up**

## Palmyra Area Basketball Camp Waiver and Release Form

The undersigned acknowledges, appreciates, and agrees that:

- 1) The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
- 2) I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my/my child's participation; and,
- 3) I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself/my child from participation and bring such to the attention of the nearest official immediately; and,
- 4) I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release the Palmyra Area School District, officials, agents, and /or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (releasees) with respect to any and all injury disability, death, or loss or damage to person or property, whether caused by the negligence of the releasees or otherwise.
- 5) I, for myself/my child and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby indemnify and hold harmless all the above releasees from any and all liabilities incidental to my/my child's involvement of participation in these programs.

**I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.**

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Parent or Guardian's Signature for Minors  
Under Age 18

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Minor's Name

Date Signed: