

# Rowland Basketball Camp 2012

At Rowland High School

5 Time League Champion the past 11  
years

- For Boys and Girls Ages 8-14
- 2 Sessions Available
  - Session 1 – June 11-15
  - Session 2 – June 18-22
- \$100 Per Session
- ❖ All Sessions: Monday – Friday  
8:30am-12:30pm
- Early drop off (8am) and late pick  
up(1pm) available free of charge



[www.rowlandbasketball.com](http://www.rowlandbasketball.com)



## REGISTRATION FORM

Mail registration form and payment to:

Rowland Basketball Camp  
2000 S. Otterbein Ave.  
Rowland Heights, CA 91748

Make Checks payable to:

**Rowland Basketball Camp**

You will receive a letter of confirmation upon  
receipt of payment.

Camper's Name \_\_\_\_\_

Parent's/Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Home Phone \_\_\_\_\_

Emergency Phone \_\_\_\_\_

School \_\_\_\_\_ Age \_\_\_\_\_

✓ All Campers will receive a T-Shirt: Size \_\_\_\_\_

**Liability Waiver:** In the event of an injury or illness to the minor listed above, which requires immediate examination or treatment in the opinion of the facility monitor; and if the authorized person noted above cannot be contacted, I, as the parent or legal guardian of the above named minor, authorize and direct that camp officials on my behalf may transport him/her by car or ambulance to a local hospital. I authorize any necessary emergency treatment for him/her by any doctor on call. I understand that camp officials assume no financial responsibility for medical care or ambulance transportation. I also verify that he/she is in good health and able to fully participate in the camp.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

## Camp Information

### Rowland Basketball Camp

looks to develop a solid foundation grounded in the fundamentals of the game of basketball for players of all levels. Beginners will be given an opportunity to grow in a positive environment, while advanced players will be challenged to improve their skills in a more competitive environment.

Our experienced staff will provide instruction in the areas of Ball Handling, Passing, Shooting, Individual Moves, Footwork, Defense, and Rebounding. In addition to on court skills, an emphasis will be put on Team Work, the importance of Positive Interaction, and Work Ethic. Shooting Contests, Free Throw Contests, Team Games, and 1 on 1 Championships will also be conducted.

For questions or to request extra brochures, please call Gordon Hamlow at 626-965-3448 ext. 3311 or by email at [ghamlow@rowland.k12.ca.us](mailto:ghamlow@rowland.k12.ca.us) or [gordonhamlow@verizon.net](mailto:gordonhamlow@verizon.net)

## Camp Sessions

### ROWLAND BASKETBALL CAMP FOR BOYS AND GIRLS AGES 7-14

**COST:** \$100 per session

**Hours:** Monday-Friday 8:30-12:30

#### Sessions

- ❖ Session 1
- ❖ Session 2

#### Dates

June 11-15  
June 18-22

#### SAMPLE CAMP SCHEDULE

8:30-8:40	Warm up & Stretch
8:40-9:00	Ball Handling Skills
9:00-9:30	Shooting Clinic & Stations
9:30-10:00	Fast Break Skills & Drills
10:00-10:30	Video, Speaker, or Clinic
10:30-11:00	Offensive Moves
11:30-12:30	Games & Competitions
12:30	Camp release



#### BRING THE FOLLOWING

- Basketball Shoes
- White T-Shirt
- Blue or Black Shorts (Preferably)
- Bottled Water
- A Great Attitude!

## Camp Directors

#### Camp Directors

##### **Gordon Hamlow**

*Head Basketball Coach  
Rowland High School*

- ❖ Guided 5 Teams to League Titles in his 11 years
- ❖ 2003 San Gabriel Valley Coach of the Year
- ❖ Produced 4 League MVP's
- ❖ His teams have advanced to the playoffs every season

##### **Jason Villanueva**

*Assistant Varsity Coach  
Rowland High School*

- ❖ 3 year Varsity performer
- ❖ 1<sup>st</sup> Team All League as a Senior
- ❖ Member of 3 straight league title teams
- ❖ Helped Guide our Varsity to a 19-10 record this season

**The staff is made up of current and former Rowland Basketball Players. We are dedicated to the improvement of your child's basketball skills.**

