



Thor's Gym Basketball Workouts

2019 Basketball Camps

Contact Jim Thorson 605-661-9301

WHAT

Coach Jim Thorson of Thor's Gym Basketball Workouts will be scheduling Summer Basketball Lessons for any interested high school through elementary students in the Scotland School District.

WHERE

Camp sessions will be held in the Scotland school gym.

WHEN

Lessons will be scheduled on 5 Wednesdays May 29, June 5, 12, 19, and 26, 2019.

Players will be grouped by grade level and sessions run for 50 to 60 minutes.

Sessions will be scheduled throughout the day according to the grade levels listed below and what times players are available.

COST

Total cost for 5 sessions is: \$125 for an individual, \$75 for 2 players, and \$50 for 3 or more players.

This includes sales tax.

GROUPS

Beginner Fundamentals For Boys or Girls

2nd – 3rd Grades

4th – 5th Grades

Footwork/Movement, Shooting technique,

Ball Handling/Dribbling, Passing/Receiving, & Basic Defensive Footwork

Basic team play involving positioning, spacing, and movement.

Intermediate Fundamentals For Boys or Girls

6th - 8th Grades

Shooting: Correct footwork, form, and release for shooting a high percentage.

How to practice shooting and shooting options off the pass and the dribble.

Physical Development

Balance and Coordination, Speed, Jumping, First step, Lateral, and Change of Direction Quickness.

Individual Skills

Ball Handling – Dribbling Technique, Passing/Receiving, Finishing Moves

Team Offensive Skills

Spacing & Movement, Getting Open, Cutting, Positioning to Control the Defense, Scoring Moves, On & Off

Ball Screening Technique, Fast Break Situations

Advanced Fundamentals For Boys or Girls

9th – 12th Grades

In addition to the above fundamentals there will be opportunity to learn advanced scoring moves, and instruction on playing the post and perimeter positions.

WHO IS JIM THORSON

Coach Thorson has coached basketball for nearly 50 years at the Junior High, High School, and College levels, and conducted camps and clinics for thousands of players and coaches. As a head coach, he has coached High School All-Conference and All-State players, College NCAA II and NAIA All-Region, and All-American players, and received numerous coaching awards during his career the most recent being inducted into the SD High School Basketball Coaches Shrine. His high school teams won conference championships and a State Championship. At the collegiate level his teams won conference championships and qualified for national tournaments advancing to the NCAA II Elite 8 and NAIA Final 4. After retirement he founded Thor's Gym Basketball Workouts to share his basketball knowledge by instructing individual, small groups, and youth teams, in the fundamentals and strategy of basketball.

Now you can benefit from that experience by signing up for **THOR'S GYM BASKETBALL CAMP** conducted by Jim Thorson of Thor's Gym Basketball Workouts.

Parent's Release and Indemnity Agreement

Waiver Statement

Participation in basketball activities involves the risk of personal injury. The use of equipment and facilities, by person's participating shall constitute acceptance of that risk regardless of the nature of the injury. Jim Thorson and all other coaches will not be liable for any injury, loss, or damage sustained or suffered by persons participating in Thor's Gym Individual and Group Workouts or camps, whether caused directly or indirectly by the negligence or fault of, Thor's Gym Individual and Group Workouts, its coaches, Scotland School District, or otherwise.

Athletes Name (Please Print)

Athlete's Signature (If over 18 years old)

Parent/Guardian Signature

Date

Insurance Company

Policy Number

CONTACT INFORMATION

PLAYER NAME _____ AGE _____ GRADE _____ HT _____ WT _____

PARENTS/GUARDIAN NAME _____

HOME PHONE _____ E-MAIL _____

CELL PHONE 1 _____ CELL PHONE 2 _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

SCHOOL _____ COACH _____

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