

Camp Philosophy:

In its ninth year the Cougar Basketball camp is committed to providing the environment, organization, and opportunity for boys and girls, ages 6-16, to learn, develop and improve their fundamental basketball skills through a week of competition and instruction within their appropriate skill level or age group.

Camp Director:

Tom Rose recently completed his ninth year as the head men's basketball coach at Our Lady of Mt. Carmel High School. In nine years Rose has led the Cougars to an overall record of 150 wins, 101 losses, qualified for the league playoffs for 8 straight seasons, competed in the MIAA Championship game four times and have won three MIAA championships. As well three players have received Division I scholarships and nine players have played in college. Beginning next season the men's basketball team will be a member of the Baltimore Catholic League and MIAA "A" conference.

Before arriving at Mt. Carmel, Rose was the associate head men's basketball Coach at Goucher College in Towson, MD. Previous to his seven years at Goucher, he spent two years as the head freshmen and assistant varsity boy's basketball coach at Calvert Hall College High School.

Rose brings 16 years of experience in directing sports camps. During his seven year tenure at Goucher he co-directed the Goucher boys basketball camp and directed the Goucher College Youth Sports Camp. Also, in past years he has lectured at area basketball camps.

Camp Dates:

Session I - June 20-24, 2011

Session II - July 11-15, 2011

Eligible campers:

- Boys & Girls
- Ages 6 - 16

Camp Cost:

- \$135 per session
- \$25 non-refundable deposit with the camp application is due by June 1, 2011.
- Optional extended care from 7:30-9:00 am & 4:00-5:30 pm is additional \$30 per session

Facilities:

- 4 indoor basketball courts
- 12 total basketball goals
- Air-conditioned lunch and guest lecture area.

Each camper will receive:

- Fundamental instruction from current and former area high school, college coaches and players
- Written evaluation
- Mt. Carmel basketball t-shirt
- Mt. Carmel basketball water bottle

Tentative Daily Schedule:

8:30 a.m.	Drop-off
9:00 a.m.	Roll/ Review the Day
9:15 a.m.	Free-throw practice
9:45 a.m.	Fundamental of the Day
10:15 a.m.	Stretch
10:30 a.m.	Fundamental Stations
11:30 a.m.	3 on 3 games
12:15 p.m.	Lunch
1:00 p.m.	Guest Lecture/Video
2:00 p.m.	Contest of the Day
2:45 p.m.	Team drills
3:00 p.m.	5 on 5 games
4:00 p.m.	Dismissal

Age group divisions

ACC

- Ages 6 - 8 (8ft. Goal height)

Big Ten

- Ages 8 -9/10 (Regulation goal height)

Big East

- Ages 10 -11/12 (Regulation goal height)

NBA

- Ages 12-16 (Regulation goal height)

Campers should bring:

- Lunch, athletic shoes, socks, shorts & shirt

For more information:

- Contact Tom Rose at 410-238-1164
- trose@olmcmd.org
- www.olmcmd.org/index.php/summer_programs

9th Annual Cougar Basketball Camp Application

Name	Age	Grade	Gender
Address			
City		Zip	
Home phone			
Current School			
Email			
Emergency contact		Emergency phone	
<small>The child named above has my permission to participate in the designated Cougar Basketball Camp at Our Lady of Mt. Carmel High School. I understand that camp participation may involve significant physical activity which could result in injury. I certify that the child is in good physical condition and is fully able to participate. I assume all risk incident to the child's participation and release Cougar Basketball Camp and Our Lady of Mt. Carmel High School, its employees, agents, officers, and volunteers from liability, claims, expenses, and actions which may arise from injury or harm to the child as a result of camp participation.</small>			
<small>In the event of a medical emergency, I authorize Cougar Basketball Camp and Our Lady of Mt. Carmel High School to designate a physician or hospital or emergency personnel to provide medical care to the child, and release Cougar Basketball Camp and Our Lady of Mt. Carmel High School from any liability for injury or harm to the child which may result from medical care. I understand that responsibility for payment for such medical care will be mine and certify that the child is covered by adequate medical insurance.</small>			
Parent/Guardian Signature			

Please select a camp session:	Total Price (Deposit included)
<input type="checkbox"/> Session I: June 20-24 (\$25.00 deposit enclosed). Final balance is due the 1st day of the session.	\$135.00 <input type="checkbox"/> Extended Care Option add \$30.00
<input type="checkbox"/> Session II: July 11-15 (\$25.00 deposit enclosed). Final balance is due 1st day of the session.	\$135.00 <input type="checkbox"/> Extended Care Option add \$30.00
<input type="checkbox"/> Both Sessions: (\$50.00 deposit is enclosed). Final balance is due 1st day of session I.	\$250.00 <input type="checkbox"/> Extended Care Option add \$60.00

Select discount if applicable

Team Discount

Team Name _____

Sibling Discount

Name(s) of siblings _____

Method of Payment Cash Check to: OLMC

Please select a t-shirt size:

Youth sizes

Medium

Large

Adult sizes

Small

Medium

Large

X-Large

Mail registration & deposit to:
Our Lady of Mt. Carmel High School
Attn: Men's Basketball Coach
1706 Old Eastern Avenue
Baltimore, MD 21221-2203

9th Annual Cougar Basketball Camp



Camp Discounts:

- Team—\$10.00 off each player (5 players)
- Attend both sessions— \$250
- Sibling— \$10 off each family member.

*Campers may only receive one type of discount per session. Deposit must be received by June 1st to receive a camp discount.

Location:



Directions:

Take 695 east to Route 702. Continue on Route 702 to Old Eastern Avenue (first light) and turn left. Mount Carmel is located on the left approximately 6/10 of a mile from the intersection of Old Eastern Avenue and Route 702.

Mail registration & deposit to:
Our Lady of Mt. Carmel High School
Attn: Men's Basketball Coach
1706 Old Eastern Avenue
Baltimore, MD 21221-2203

9th Annual Cougar Basketball Camp



Summer 2011

Session I - June 20 - 24
Session II - July 11 - 15

Open to Boys & Girls
Ages 6 - 16