

Camp Philosophy:

For years the Cougar Basketball camp has been 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:

Coach Trevor Quinn

Recently completed his 1st season as the Head Coach of MIAA A conference and Baltimore Catholic league member Mount Carmel. Previously, he spent 12 seasons at the Division one college level with stints at Loyola University, Jacksonville University, and Florida State University. He has also spent years providing individual instructs to players of all levels as well as conducting a variety of camps. He was also a former collegiate player at Goucher College in Towson.



Camp Dates:

Session I - June 24-28, 2019

Session II - July 8-12, 2019

Session III - July 15- 19, 2019

Eligible campers:

- Boys & Girls
- Ages 6 - 16

Camp Cost:

- \$150 per session
- Optional extended care from 7:30-9:00 am & 4:00-5:30 pm is additional \$30 per session

Typical Day of camp

- 8:30 Drop Off
- 9:00 Camp Intro and Stretch
- 9:30 Fundamental Stations
- 10:45 Games
- 11:45 Lunch
- 12:45 Lecture or demonstration
- 1:00 Afternoon stations
- 2:00 Contest of the day
- 2:45 Afternoon Games
- 3:45 Closing remarks
- 4:00 Pick Up

*Early drop off and late pickup available for additional charge

Campers will Receive

- Individualized instruction from Camp staff (written evaluation)
- Equal playing time per game
- Mt. Carmel Basketball T-Shirt

Campers should bring

Lunch, Drink, Athletic Shoes, Shirt, Shorts, Socks

*Food and Snacks available to buy with camp bank available

Discounts are available

\$10 off each camper
Sibling Discount/Refer a friend discount
\$10 off each week
Attend multiple weeks

For more information:

Contact: Coach Trevor Quinn

Phone: 443-668-2516

E-mail: tquinn@olmcmd.org

Cougar Basketball Camp Application

Name	Age	Grade	Gender
Address			
City		Zip	
Home phone			
Current School			
Email			
Emergency contact		Emergency phone	
I hereby acknowledge that my son/daughter will take part in sports camp. I understand that athletics involves physical contact and the proper use of equipment and/or facilities, and the teaching and use of proper techniques does not prevent the possibility of physical injury to participants.			
I also give my consent for medical care prescribed by a duly licensed doctor of medicine, or other medical facility or provider, for my child in the event of injury or illness during the course of sports camp. This medical care may be given under whatever conditions may exist to preserve the life, limb, or well-being of my child.			
Acknowledging the above, I state my child has my permission to play at sports camp and to engage in activities related to sports.			
I also absolve Mt. Carmel Schools, it's employees, coaches and counselors from liability for any injuries sustained by my student as a result of participation, unless the injury is caused by gross negligence.			
Parent/Guardian Signature			

Please select a camp session:	Total Price (Deposit included)
<input type="checkbox"/> Session I: June 24-28 (\$25.00 deposit enclosed). Final balance is due the 1st day of the session.	\$150.00 <input type="checkbox"/> Extended Care Option add \$30.00
<input type="checkbox"/> Session II: July 8-12 (\$25.00 deposit is enclosed). Final balance is due 1st day of the session.	\$150.00 <input type="checkbox"/> Extended Care Option add \$30.00
<input type="checkbox"/> Session III: July 15-19 (\$25.00 deposit is enclosed). Final balance is due 1st day of session.	\$150.00 <input type="checkbox"/> Extended Care Option add \$30.00

Select discount if applicable

Refer a friend
Friends Name _____

Sibling Discount
Name(s) of siblings _____

Method of Payment Cash Check to: OLMC Athletics

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

Cougar Basketball Camp



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.

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Cougar Basketball Camp



Cougar Basketball Camp



at
*Our Lady of Mount
Carmel High School*



Summer 2019

*Session I - June 24-28
Session II - July 8 - 12
Session III - July 15 - 19*

*Open to Boys & Girls
Ages 6 - 16
\$150*