



# 2017-18 Northern Virginia Camp Dates & Locations

### Winter Break Camp

December 27-30 at Hoop Plus in Sterling, VA  
9 AM-3 PM (Early and After Care Available)

### Spring Break Camp

March 26-29 at Hoop Plus in Sterling, VA  
9 AM-3 PM (Early and After Care Available)

### Spring Break Camp

April 2-5 at Queen of Apostles in Alexandria, VA  
9 AM-3 PM (Early and After Care Available)

### Summer Camp

June 25-29 at Queen of Apostles in Alexandria, VA  
9 AM-3 PM (Early and After Care Available)

### Summer Camp

July 9-13 at TBA  
9 AM-3 PM (Early and After Care Available)

### Summer Camp

July 16-20 at Hoop Plus in Sterling, VA  
9 AM-3 PM (Early and After Care Available)

### Summer Camp

July 23-26 at TBA  
9 AM-3 PM (Early and After Care Available)

### Summer Camp

July 30-August 2 at TBA  
9 AM-3 PM (Early and After Care Available)

### August 6-9 Summer Camp

at Queens of Apostles in Alexandria, VA  
9 AM-3 PM (Early and After Care Available)



Dashawn McPherson, former Western Kentucky Star Player

# MEET

THE CAMP  
DIRECTOR

COACH  
Mark  
Vincent



*...has achieved nationally-recognized success coaching for the Nation's premier high school basketball program:*

2011 ESPN National High School Championship

4 Nationally Ranked High School Teams

2012 'Iolani Classic Champions, Honolulu, Hawaii

82-15 record.

*...has an unparalleled coaching résumé:*

Assistant Coach, Montrose Christian School (MD)

Head Coach, Bishop Ireton High School (VA)

Head Coach, TC Williams High School (VA)

Assistant Coach, Howard University (NCAA Division 1)

Instructor at numerous prestigious camps and clinics including the Junior All American Camp, Reebok Breakout, Five Star, Hoop Group, and Duke University.

*... has developed more than 30 NCAA Division 1 and professional basketball players, including:*

Patrick Sparks, University of Kentucky

Mike Williams, University of Kentucky/Citadel

Josh Hairston, Duke University

Tyrone Johnson, University of South Carolina

Tyler Hubbard, Loyola University

Carmelo Betancourt, University of Akron

Justin Anderson, University of Virginia

Kevin Larsen, George Washington University

Bruce Beckford, North Carolina A&T

Cedric Blossom, Morgan State University

Michael Carrera, University of South Carolina

Ishmail Wainright, Baylor University

Mark Williams, Temple University

Cole Hariston, Dartmouth University



# 2017-18 MVBA

Boys & Girls  
Instructional Basketball Camps

SPRING | SUMMER | WINTER

Ages 5-17

"At our camps, players learn to compete, work to improve, and **always** have fun!"

Mark Vincent, Camp Director  
Head Coach, Friendly High School

www.markvincentbasketballcamps.com  
markvincentbasketballcamps@gmail.com



# CAMP HIGHLIGHTS

Dynamic Training by Award-winning Coach  
 Video Analysis of a Jump Shot  
 8:1 Camper to Staff ratio  
 Player Evaluation and Shooting Analysis  
 Guest Speakers  
 5 on 5 League Play  
 Air Conditioned Gymnasium  
 Camp Shirt

# CAMP CURRICULUM

## FUNDAMENTALS

BALL HANDLING  
 TRIPLE THREAT  
 PASSING, DRIBBLING  
 SCREENING, PIVOTS  
 LAY-UPS, JUMP-STOPS  
 ONE-TWO STEP  
 HAND TARGETS  
 CUTTING

## SHOOTING

SHOOTING TECHNIQUES & MECHANICS  
 BALANCE, STANCE  
 FOLLOW THROUGH  
 FREE THROWS  
 SHOOTING-ON-THE-MOVE  
 SHOOTING-OFF-THE-DRIBBLE  
 MOVING WITHOUT THE BALL

## POST

AGGRESSIVE ATTITUDE  
 TRIPLE THREAT  
 GETTING OPEN  
 CATCHING THE BALL  
 SCREENING  
 SCORING IN THE POST  
 SEALING, REBOUNDING  
 DEFENSE  
 FOOTWORK  
 INDIVIDUAL DEVELOPMENT

## GUARD

TRIPLE THREAT  
 SHOT PREPARATION  
 SHOOT FUNDAMENTALS  
 SCREENING  
 GETTING OPEN  
 READING DEFENSES  
 BALL HANDLING  
 MENTAL APPROACH  
 ZONE ATTACK  
 INDIVIDUAL DEVELOPMENT

# DAILY SCHEDULE

Warm-up	9:00-9:15 a.m.
Fundamentals	9:15-9:45 a.m.
Shooting Form	9:45-10:00 a.m.
Shooting Competition	10:00-10:15 a.m.
1 on 1 Moves	10:15-10:30 a.m.
1 on 1 Games	10:30-10:35 a.m.
Break	10:35-10:45 a.m.
3 on 3 Breakdown	10:45-11:00 a.m.
3 on 3 Games	11:00-11:10 a.m.
Break	11:10-11:20 a.m.
5 on 5 Practice	11:20-11:30 a.m.
5 on 5 Games	11:30--12:30 p.m.
Lunch	12:30-1:30 p.m.
Defensive Fundamentals	1:30-1:45 p.m.
Defensive Positioning	1:45-2:00 p.m.
5 on 5 Special Situations	2:00-2:15 p.m.
Break	2:15-2:30 p.m.
5 on 5 Games	2:30-3:00 p.m.



Above: (left) Justin Anderson, 21st NBA Draft Pick of the Dallas Mavericks speaks to the campers at Coach Vincent's recent basketball camp. (right) Mario West, former star player of Georgia Tech, talks to campers at Coach Vincent's recent basketball camp.

## Tuition & Registration:

Visit our website for tuition costs.  
 Complete all registration on-line at:  
[www.markvincentbasketballcamps.com](http://www.markvincentbasketballcamps.com)  
 Discounts are available for early registration.

## Camp Organization

Camp participants are divided into teams based on gender, age, size and skill level.

## Meals & Concessions

Concessions will be available throughout each day. Pizza will also be sold during lunchtime. Campers must bring their own lunch if they do not wish to buy pizza.

## Cancellation Policy

No refunds will be granted unless of an injury or family emergency.