

# TRIPLE THREAT



*Players Are Made In Practice*

**June 23 - June 26**

8:30am - 3:00pm

Johnston High School | Ferri Middle School



## Registration Form

Athlete's Name: \_\_\_\_\_ Phone: (h) \_\_\_\_\_  
(c) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Height: \_\_\_\_\_ feet \_\_\_\_\_ inches DOB (ad of 9/1/09) \_\_\_\_\_

Shirt Size: \_\_\_\_\_

\$125.00 per player, \$80.00 each individual sibling

Age Divisions: 8-11, 12-14 - Please note there is a maximum of 35 spots for each division

Any additional registrations will be placed on a waiting list

\*please return completed form to the Johnston Recreation Office

**Each player will  
receive  
a basketball,  
t-shirt, and insurance**

## Camp Schedule

8:00am - 8:30am - Check in (Tuesday Only)

8:30am - 9:00am - Warm-ups

9:00am - 10:00am - Strength, Speed, Conditioning

10:00am - 11:30am - Fundamentals

11:30am - 12:00pm - Free Throw Shooting

12:00pm - 12:45pm - Lunch

12:45pm - 2:00pm - Fundamentals

2:00pm - 3:00pm - 3 vs. 3

Facility: 2 full courts

Lunch: Camper will provide own lunch

## Staff

- Current and former collegiate players
- Former high school players of the year
- Collegiate strength coaches
- Local high school and middle school coaches
- Certified Strength and Conditioning Specialist

## Camp Objectives

\* Develop individual skills

\* Ball Handling

\* Shooting

\* Passing

\* Triple Threat

\* Defensive Positioning

\* 100 plus shots per player per day

### **Training Sessions to Develop and Teach Players:**

- Speed and Agility
- Functional Training
- Increase Flexibility
- Injury Prevention

*\* Players will be given Individual drills to take home at the end of camp*

\* Individual workouts available throughout the summer please inquire with staff about information

## Daniel E. Mazzulla Jr. - Camp Director

\* 1976-1980 Bryant Mens Basketball (captain 1980)

\* Bryant College Basketball - 1,000 point club

\* 3-time High School Girls Basketball Coach of the Year

\* 1989-present - Head Coach - Johnston Lady Panthers

\* Basketball Team, 3-time Div. II State Champions

\* 1980-1985 Professional Basketball Player in

\* Chile, South America

\* Involved with Hoop Group basketball camps

### **Trainers from Next Level Speed & Conditioning**

**Rene Moyen** - BS in Exercise Science, CSCS, NSCA-CPT, USAPL

Rene is the founder of Next Level Training Systems. Over the years he has coached professional and collegiate athletes. He now focuses his time and expertise on local and regional sport and fitness enthusiasts. Rene is the RI State Chairperson for the USAPL and is a certified USAPL Power Lifting Referee.

**Joe Peters** - BS in Exercise Science, CSCS, NSCA-CPT, USAPL

He currently competes in the North American Strongman Association, where he came in first place in the RI Strongman competition and second place in the New England Regional Strongman competition. He is currently a RI State Power Lifting record holder. He has been working with athletes and personal training clients for 7 years.