

# Connecticut Cobras Girls Basketball Camps



Basketball Camp for Girls

## Overnight Shooting and Position Camp

Connecticut College

July 30 - Aug. 1

5:00 PM Friday - 5:00 PM Sunday

Grades 5-12

## Day Camp

2 Sessions

Connecticut College

August 9 - 13

8:30 AM - 12:00 PM Offensive Skills Camp

1:00 PM - 4:30 PM Individual Lessons

"For those who have the passion"

## Connecticut Cobras AAU Basketball Program

### Philosophy

The Cobras are a skill-based program, primarily concerned with player development. We feel the AAU landscape has become increasingly cluttered with those who overvalue recruiting, winning and their own profiles. A building-block approach to the game is sorely lacking in many programs, but something to which we are committed. In time, some of those peripheral concepts or traditional measures of success will take care of themselves if we achieve our primary goals.

### Skill Development

The CT Cobra AAU program feels that "you can't just bypass good to be great". Skill development is a long tedious process that takes years of hard work both in practice and on your own. It is this process that the Cobra staff is committed to teach. Our entire staff is well educated in these areas. Our camps have been designed to break down all the offensive skills necessary to become great.

### Contact Us

If anyone needs further information on our AAU Teams, Fall League, Winter Clinic or Summer camps please feel free to contact us at any time.

Russ Hill: 860-349-2097 (home), 860-798-4455 (cell),  
RHill@easthamptonct.org

Rett Mancinelli: 860-888-8885 (cell) rettman2@comcast.net

Connecticut Cobras • P.O. Box 375  
Durham, CT 06422

## CT Cobra Basketball Camp Application

### Tuition: *Check appropriate boxes*

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Circle Position: center large forward small forward shooting guard point guard  
 Grade '10 - '11 \_\_\_\_\_ School '10 - '11 \_\_\_\_\_  
 Roommate Requests \_\_\_\_\_ (please confirm with roommates)  
 (most rooms are singles)

July 30 - Aug. 1 Conn College overnight \$280 (\$100 Deposit)

August 9 - 13 Conn College Day Camps

8:30 am - 12:00 pm Offensive Skills Camp \$140.00

1:00 pm - 4:30 pm Individual Lessons \$160.00

Both Sessions (Bring your own lunch) \$280.00

\$100 Deposit for both sessions - pay in full for single session.)

All applications must be accompanied with non-refundable deposit. The balance and physical are due 30 days prior to the opening of the camp. Please make checks payable to Connecticut Cobras.

Mail to: **Connecticut Cobras**

**PO Box 375  
Durham, CT. 06422**

I hereby request that my daughter named above be admitted to the CT Cobra Basketball Camp. I authorize the directors of the camp to act for me according to their best judgement in an emergency requiring medical attention other than that mentioned by the camp for which services shall pay.

Signature \_\_\_\_\_

Date \_\_\_\_\_



Russell Hill  
Camp Director

Now in his 4th year as director of the Connecticut Cobras, Russ will direct the summer camps that the Cobras will hold this summer.

Former Glastonbury High School Girls basketball coach, Russ, has established an outstanding coaching career. Russ has coached the University of New Haven women, East Hampton High boys varsity and Glastonbury girls varsity to an impressive record of 280-101 (.74 win percentage). Hill's teams have won 10 league titles, 2 New England Championships, and and NCAA Div II National Championship. Russ's 1987 UNH team was inducted into the New England Hall of Fame. Hill has received 7 coach of the year awards, which include the 1988 Converse New England Coach of the Year.

### 2009 Ct. Cobra overnight camp



### Camp Staff

Staff consists of CT Cobra coaches as well as other successful high school and junior high coaches.

## Overnight Camp Connecticut College July 30 - Aug. 1 Shooting & Position Camp

Each camper will be filmed the first night on their current shooting form and will be analyzed for what can and will be done to improve their shooting. They will also be filmed again on the last day and analyzed again to see their improvement that weekend. We will also breakup by position to focus on each camper's playing position. Post, point guards and shooting forwards and guards will be split up throughout the weekend to concentrate on their position. Games will be played at their ability level, however our focus is based on each player's position and skill development. Registration will take place from 5-6 PM on July 30 and check out will be Aug. 1 at 5:00 PM

### Camp Highlights

- 5 indoor courts
- Air conditioned dorms
- Complete food group meals with many choices
- Free camp tee shirt
- 2 computerized filmed sessions with each camper
- 4 games over weekend
- Position play focus 4 times over the weekend
- Limited enrollment with 1 coach per 6 athletes giving attention to detail
- Great coaching staff that speaks the same language and works well together

#### Camp Questions:

Camp information: Russ Hill 860-798-4455

#### Registration Information:

Rett Mancinelli  
rettmancinelli@ctcobras.org 860-888-8885  
www.ctcobras.org

## Day Camps Connecticut College Offensive Skills Camp August 9 - 13 8:30 AM - 12:00 PM

This popular day camp gives special attention to offensive skill development. Each days focus will be on shooting, one-on-one footwork, ball andling and position play. We will play one game a day at each players ability level. Each campers shooting technique will be filmed and evaluated.

### Typical Daily Schedule

- 8:30 - 8:40 Stretch and discuss their day
- 8:40 - 9:20 Shooting
- 9:20 - 10:00 One-on-One
- 10:00 - 10:40 Ball handling
- 10:40 - 11:30 Games
- 11:40 - 12:00 Position Play

## Day Camps Connecticut College Individual Lessons August 9 - 13 1:00 PM - 4:30 PM

Our individual lessons will cater to each player's individual skill development by position. We will put each player through a vigorous program through the week to improve their skills. Each camper will be filmed and evaluated twice on their shooting technique during the week. This camp will have a one coach to 5 player ratio, so each camper will get the necessary attention needed. **Don't miss this opportunity!**