

# 2024 Boys Basketball Camp

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_

Birth Date \_\_\_\_\_

Grade \_\_\_\_\_ (Fall 2024)

Parent's Name \_\_\_\_\_

EMAIL \_\_\_\_\_

Cell Phone \_\_\_\_\_

Work Phone \_\_\_\_\_ Shirt Size \_\_\_\_\_

Each camper is responsible for his own medial insurance and expenses. In consideration of your acceptance of application, we hereby release Coach Jordan Wilhelm and his staff from all claims on account of any injuries while attending camp.

\_\_\_\_\_  
Date Signature of Parent or Guardian

bhsdemonhoops.webs.com Checks written to "Capital City Basketball"

Office: 323-4800 ext.6147  
Cell: 426-3180  
Bismarck, ND 58504  
4000 Daniel St  
Boys Basketball Coach  
Jordan Wilhelm  
CAPITAL CITY BOYS BASKETBALL CAMP

# CAPITAL CITY BASKETBALL CAMPS 2024

**Capital City Camp (Boys) \$85**

June 3-6 @BHS  
Grades 6-12  
12:30-3:30

**Capital City Camp (Boys) \$85**

June 3-6 @BHS  
Grades K-5  
4-7PM

**Skills Academy (Boys) \$60**

June 17-19 @BHS  
Grades K-5  
6:15-8:15PM

**Lincoln Elementary Camp \$75 (Boys/Girls)**

July 8-11  
Grades K-5  
1:00-4:00

The Capital City Boys Basketball camp will stress basic fundamentals of the game. We will teach proper technique in offensive and defensive situations; especially in the areas of ball handling, shooting, passing, and one-on-one footwork. We would like to present the game as a challenge and also make it fun and rewarding experience!



**BISMARCK, ND**

	Check all that
<b>Capital City Camp (Boys) \$85</b>	apply
June 3-6	<input type="checkbox"/>
Grades 6-12 12:30-3:30	
<b>Capital City Camp (Boys) \$85</b>	
June 3-6	<input type="checkbox"/>
Grades K-5 4-7PM	
<b>Skills Academy (Boys) \$60</b>	
June 17-19	<input type="checkbox"/>
Grades K-5 6:15-8:15	
<b>Lincoln Camp (Boys/Girls) \$75</b>	
July 8-11	<input type="checkbox"/>
Grades K-5 1:00-4:00	

**Capital City 6-12 camp** will include a 4 day session where we will teach the fundamentals and skills needed to compete at high school level. All drills will be taken directly from varsity practice and implemented at camp. This camp will also include awards such as tournament champions, 1-on-1, all-star team, and the "demon" award. All grades at BHS.

**Capital City K-5 & Lincoln Camp** will include all skills required to become a successful basketball player. Drills will be fit to the type of athletes participating in the camp. All drills and skills will be able to transfer to practice outside of camp. Camp will include fun games and contests as well with an award ceremony! Capital City camp will be at BHS. Lincoln will be at Lincoln Elem.

**Skills Academy** primarily will be a skills based camp with fewer awards and contests than the other camps. This will be based on proper fundamentals and footwork needed to succeed in basketball. Camp will be at BHS. This is skills only, no award ceremony.

Checks written to - "Capital City Basketball"

[bismarckdemonhoops.weebly.com](http://bismarckdemonhoops.weebly.com)

# CAPITAL CITY BASKETBALL CAMP

**DRILLS IN FUNDAMENTAL. TEACHING OF PROPER SHOOTING TECHNIQUE. COMPETITION FOR SPECIAL AWARDS. LEAGUE AND TOURNAMENT GAMES.**



FREE CAMP T-SHIRT