

SHOOT THE LIGHTS OUT BASKETBALL ACADEMY

"I just wanted to let you know that many of our kids at UEHS that went through the **Shoot Lights Out Clinic** feel that they learned more about the art-science-skill of shooting and that will translate into more confident players for us. I thought the clinic was one of the best that I have seen on shooting. It was well-planned in all phases."

Kevin McManus, Head Boys' Coach, Union-Endicott High School

"Bill Hopkins' **Shoot the Lights Out Academy** was one of the most valuable camp experiences of my career. Bill's ability to break down the shot, with all of its nuances, is second to none. His detail-oriented style and infectious enthusiasm make this camp an absolute must for any young player who hopes to become a proficient shooter."

*Chris Evans, Head Boys' Coach, Owego Free Academy
Assistant Coach - College of Charleston (Div. I/1996-1999)*

"I was totally impressed with the quality instruction and shooting details that Coach Hopkins provides at his **Shoot the Lights Out Camp**. After over 30 years of speaking and working camps, I would rate Coach Hopkins' camp as one of the very best at teaching the art of shooting."

*Bob Schlosser, Head Men's Coach, Elizabethtown College
(Elizabethtown, PA) 2001-02 NCAA Division III National Finalist (29-3),
NABC Regional Coach of the Year*

"Coach Hopkins has the ability to break down the shooting mechanics into a step by step process that is easy for players to comprehend. His **STLOBA** clinic was a great way to start our season, this 26th year of coaching at Addison. Many of his techniques and drills are used daily in our practices."

Mike Makowiec, Head Boys' Coach, Addison HS

"I'm happy to recommend Coach Hopkins shooting video, and if you're lucky enough his personal instructions. He breaks things down to the basics and ensures accuracy through repetition. This is great stuff for any level player. We have found it very helpful with our Girls Basketball program, instilling in them fundamentals of shooting that are reproducible and predictable."

Dr. Sonny Spera, Head Girls' Coach, Maine Endwell HS

"The **Shoot the Lights Out Program** is a great opportunity for athletes to become great shooters. Through a variety of techniques and teaching philosophies, Coach Hopkins effectively shows each individual basketball player how to become a better shooter. Coach Hopkins came to our district and ran a clinic on the basic fundamentals of shooting, and also on more advanced skills and drills. The information at the clinic was very helpful, and our athletes became more knowledgeable about shooting. Coach Hopkins stresses repetition and his motivational approach gets the athletes excited about being better shooters. His clinic can only help reinforce and teach athletes how to be the best shooter that they can possibly be. His helpful hints and pointers through individual instruction have made my players better shooters, which in turn has made us a better offensive team. Truly a worthwhile and helpful clinic for all ages!"

Andy Scott, Head Girls' Coach, Horseheads HS



Shoot the Lights Out Basketball Academy
Bill Hopkins, Director
46 Pine Circle
Horseheads, NY
14845

SHOOT THE LIGHTS OUT BASKETBALL CAMP

**"EARN YOUR TIME ON THE COURT
WITH PRODUCTIVITY!"**

Prizes offered by ADIDAS

FOR BOYS & GIRLS IN GRADES 5 -12

CHECK OUT OUR NEW INSTRUCTIONAL DVD's!
(See Inside)

ELMIRA NOTRE DAME HIGH SCHOOL

July 11-14
(Monday thru Thursday)

9am to 2:00pm



Bill Hopkins, Director
Shoot the Lights Out
Basketball Academy

Contact us at our e-mail address:

Shootthelightsout@live.com

Or call (607) 795-4137

Address: 46 Pine Circle

Horseheads, NY 14845

www.shootlightsout.com

SHOOT THE LIGHTS OUT BASKETBALL CAMP

DAILY SCHEDULE

9:00 – 9:05	Attendance
9:05 – 9:15	Form Shooting
9:15 – 9:20	Shooting Lecture
9:20 – 10:30	Shooting Fundamentals Grade Group Practice
10:30 – 10:45	BREAK – bring light lunch. Snacks & drinks sold at our Camp Store
	<i>(Your money can be saved at our camp bank.)</i>
10:45 – 11:00	Grade Group Free Throw Shooting & Contests
11:00 – 12:00	Shooting Stations
12:00 – 12:55	Grade Group Instruction
12:55 – 1:25	Daily Shooting Skills with introduction of new offensive skills
1:25 – 2:00	Games

COST

One Camper: If postmarked up to 2 weeks prior to the 1st day of camp: \$80

One Camper: If postmarked up to 1 week prior to the 1st day of camp: \$90

One Camper: If postmarked after 1 week prior to the 1st day of camp up to the 1st day of camp: \$100.00

Two siblings: If postmarked 2 weeks prior to the 1st day of camp \$140 total.

Two siblings: After 2 weeks prior to the 1st day of camp up to the 1st day of camp \$150 total

Three siblings: \$200 total at any time
(NOTE: All registration fees include camp insurance costs!)

Walk-ins on the first day of camp are welcome!



PURPOSE

Our camp is open to both boys and girls in grades 5-12. We firmly believe that our camp is the essential catalyst for an effective in-season or off-season improvement program. Every player wants to score, but only through proper technique and repetitions will the player achieve consistency as well as their personal scoring goals. We will teach players the proper fundamentals of shooting. These include: upper body alignment, shooting footwork, hand position on the ball, follow-through, proper arc, use of one's legs to elevate, correct ball rotation, catch & shoot, shooting off a pass while on the move, shooting off a dribble, 3-point shooting and foul shooting.

Throughout the camp's entire length, each camper will shoot approximately 7,000 shots during our drill work and shooting stations; well over 8,000 shots in all. Four Days of supervised shooting establishes a measure of confidence. What the players do after our camp is critical to their future success.

REMEMBER:

You-cannot-play basketball-part-time and expect to be great.

You must put the time into your game!



REGISTRATION FORM

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Grade as of Sept 2011: _____

School: _____

Phone: _____

Emergency Phone: _____

ADULT shirt size (circle one): S M L XL

NOTRE DAME HIGH SCHOOL

July 11-14 (M-Th.)

9:00am – 2:00pm

I hereby authorize the staff of the [SHOOT THE LIGHTS OUT BASKETBALL CAMP](#) to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive and release the camp from any and all liabilities for injuries incurred while at camp.

Parent or Guardian please sign below:

NAME _____

A deposit of \$40 or full payment must accompany this form. The balance is due the first day of camp. Please make checks payable to the "Shoot the Lights Out Basketball Academy" or "STLOBA."

Return this form and check to Bill Hopkins, 46 Pine Circle, Horseheads, NY 14845.

YES, I would like to order, in advance, a copy of the [Shoot the Lights Out Shooting Instructional DVD's](#). (DVD I – Upper Body Alignment & DVD II – shooting footwork) Copies of our DVD have been sold internationally as well as across the US. It is recommended by nationally renowned coaches such as Jeff Van Gundy (ESPN), John Beilein (U of Michigan) and Jay Wright (Villanova). If you register 2 weeks prior to the start of camp, the cost is just \$15 each. After that date, the cost of the DVD will be \$25 each. A copy of the DVD will be reserved for you once you check the box above and will be given to you at camp or mailed to you upon request. All prices include shipping and tax.

Check Box: DVD I DVD II BOTH

www.shootlightsout.com