

# EXCEL IN BASKETBALL

## 2010 Events Schedule and Application

30th  
Anniversary



### Guard Camp

June 19-20 at De La Salle H.S.

### Shooting Camps

At De La Salle H.S.

Session 1 • April 10-11

Session 2 • June 5-6

Session 3 • September 11-12

Session 4 • October 9-10

### Post Camp

July 17-18 at De La Salle H.S.

### Competition Camp

October 2-3 at De La Salle H.S.

### Offensive Skills Camp

July 10-11 at De La Salle H.S.

### Defensive Skills Camp

September 18-19 at De La Salle H.S.



### Spring Day Camp

April 5-9 at De La Salle H.S. (Grades 4-9 Boys & Girls)

### Excel Junior Camp for Grades 1-3

Session 1 June 28-July 1 at De La Salle H.S.

Session 2 July 26-29 at Tice Valley Center, Walnut Creek

Session 3 October 4-7 at Tice Valley Center, Walnut Creek

### Summer Day Camps

Conducted at De La Salle HS, Concord or Tice Valley Rec. Ctr. in Walnut Creek

Session	Dates	Location	Grades (in Fall of 2010)
1	June 14-18	Tice Valley	Grades 4-9 Boys & Girls/Grades 10-12 Boys
2	June 21-25	Tice Valley	Grades 4-9 Boys & Girls
3	June 28-July 2	De La Salle	Grades 4-9 Boys & Girls/Grades 10-12 Boys
4	July 5-9	De La Salle	Grades 4-9 Boys & Girls
5	July 12-16	De La Salle	Grades 4-9 Boys & Girls
6	July 19-23	De La Salle	Grades 4-9 Boys & Girls
7	July 26-July 30	Tice Valley	Grades 4-9 Boys & Girls

Youth Coaches Academy: Sept. 14, 16, 18 • Youth Coaches Clinic: Oct. 23 • For info: visit our website: [www.excelinbasketball.com](http://www.excelinbasketball.com)

#### The Allocco File

Head Coach: Northgate H.S.  
6 years: 167-28

Head Coach: De La Salle H.S.  
12+ Years: 341-42

Has won 20 games for 18 consecutive seasons

Has won 30 games in 6 seasons

Has reached the "Final 4" of the State Playoffs 7 of the past 9 years.

#### Championships include:

15 League Titles,  
12 straight League titles  
177-3 League Record at DLS

8 North Coast Section Titles  
5 Nor-Cal Titles

3 State Championships

Third All-Time Winning Percentage in California History

#### Honors Won:

National High School Coach of the Year: 2000

California State Coach of the Year: 1994, 2000

North Coast Section Honors Coach: 2004

East Bay Coach of the Year 1995, 1996, 2000, 2006

The only coach in California History to win State Championships at two different schools.

Northgate: 1995  
De La Salle: 2000, 2006

#### A Message From the Director, Coach Frank Allocco, Sr.

##### FUNDAMENTALS ARE NOT DEAD!

"Excel in Basketball" is a series of instructional camps geared to provide instruction in basketball fundamentals to boys and girls in grades 1-12. In an era of decreasing fundamentals and skills at every level of basketball, we are proud to conduct a camp focusing on the development of basic skills for players of all skill levels.

##### Back to Basics Basketball Works!!!

My desire to coach blossomed when I played college football and basketball at the University of Notre Dame and had the opportunity to play and learn under the guidance of two coaching legends: Ara Parseghian and "Digger" Phelps.

My diversified coaching experiences include sixteen years of coaching boys and girls of all ages and skill levels at the CYO level. My passion for teaching and emphasis on fundamentals has led to a successful coaching career at the high school level where I have developed 47 college players, 33 at the Division 1 level.

My camp experiences include coaching at the world famous Five Star Basketball Camp where I have worked "side by side" with some of the coaching legends of the basketball world. I have been a featured clinician and motivational speaker at countless basketball clinics, camps, and business workshops throughout the country. In 2002 I was a featured clinician at the Nike All-Asia Basketball Camp in Beijing, China where I taught skills and fundamentals to the top players throughout the continent of Asia. In 2006 I was the Head Coach at the Michael Jordan All-American Game held in Madison Square Garden in New York City.

All of these unique experiences have helped me to create and lead the top teaching day camp on the West Coast. Our weeklong camps consist of station drills, games, lectures, skill development, 1 on 1, fastbreak basketball, defense, ballhandling, dribbling, and more. Our specific skill Weekend Camps zero in on the fundamental skills needed for skill mastery. We pledge to continue our emphasis on fundamentals and developing young athletes to be fine players and fine people. Please allow us to play a role in the development of the "stars of tomorrow."

#### 2010 Schedule of Events

April 5-9	Spring Break Camp
April 10-11	Shooting Camp 1
June 5-6	Shooting Camp 2
June 14-18	Session 1 Day Camp
June 19-20	Guard Camp
June 21-25	Session 2 Day Camp
June 28-July 2	Session 3 Day Camp
June 28-July 1	Junior Camp 1
July 5-9	Session 4 Day Camp
July 10-11	Offensive Skills Camp
July 12-16	Session 5 Day Camp
July 17-18	Post Camp
July 19-23	Session 6 Day Camp
July 26-29	Junior Camp 2
July 26-30	Session 7 Day Camp
September 11-12	Shooting Camp 3
September 14-16-18	Coaches Academy
September 18-19	Defensive Skills Camp
October 2-3	Competition Camp
October 4-7	Junior Camp 3
October 9-10	Shooting Camp 4
October 23	Youth Coaches Clinic

# Excel in Basketball Week Long Day Camps

The Spring Camp is held during Easter Vacation. There are 7 sessions during Summer Vacation. Hours are 9:00 AM-2:00 PM

Session	Location	Dates	Grade Level in Fall of 2010
Spring	De La Salle H.S.	April 5-9	Grades 4-9 Boys and Girls
1	Tice Valley Rec. Center	June 14-18	Grades 4-9 Boys and Girls/ Grades 10-12 Boys
2	Tice Valley Rec. Center	June 21-25	Grades 4-9 Boys and Girls
3	De La Salle H.S.	June 28-July 2	Grades 4-9 Boys and Girls/ Grades 10-12 Boys
4	De La Salle H.S.	July 5-9	Grades 4-9 Boys and Girls
5	De La Salle H.S.	July 12-16	Grades 4-9 Boys and Girls
6	De La Salle H.S.	July 19-23	Grades 4-9 Boys and Girls
7	Tice Valley Rec. Center	July 26-July 30	Grades 4-9 Boys and Girls

## Locations:

De La Salle High School  
1130 Winton Drive Concord, CA  
Tice Valley Recreation Center  
2055 Tice Valley Blvd. Walnut Creek, CA

**Tuition:** \$165.00 per session for the day camps. A non-refundable deposit of \$85.00 per session or full payment will reserve your place in camp. The \$165.00 Tuition per session includes a camp T-shirt, awards, and a challenging session of intensive instruction and team play.

*We welcome students of all skill levels. Our high instructor-to-student ratio guarantees the individual attention required by the beginner and potential All-Stater. Students will be grouped by age, size and ability to assure maximum competition and enjoyment.*

## Daily Schedule: 9:00 AM - 2:00 PM

Juice will be provided at the noon lunch break, campers should provide their own bag lunch.

1. "Pistol" Series - Pistol Pete Maravich ballhandling drills and exercises
2. Daily Lectures on key aspects of the game
3. Two "League Games" and practice sessions every day
4. One on One play and competition
5. Defensive drill emphasis each day in our lectures and follow-up station.
6. Free Throws emphasis and competition
7. Dribble Series - specially designed dribbling exercises to enrich ballhandling skills
8. Afternoon Skill Station on attack drills and fast break basketball.
9. Morning Station Drills stressing passing, shooting, defense, dribbling, ball handling, offensive moves, rebounding, and game situations

**Videotape:** The mechanics of each camper's shot will be videotaped and individually analyzed.

**Awards:** Each player will receive an individualized evaluation card. Age Group Awards for foul shooting and one-on-one champions. Outstanding Player, Best Defense, Most Improved, and Most Inspirational Awards will be presented in each league.

**Registration:** Deadline for Spring Camp is April 1st. Deadline for Summer Camp is June 1. Registration is on a first come, first served basis. Register early, Excel has been full for the past 25 years!!!

## Excel in Basketball Junior Camp For Boys and Girls in Grades 1-3 (Fall 2010)

Junior Basketballs  
and Lower Hoops!!

Session 1: June 28-July 1 3:00-6:00 PM at De La Salle High School, Concord  
Session 2: July 26-29 3:00-6:00 PM at Tice Valley Rec. Center, Walnut Creek  
Session 3: October 4-7 4:00-7:00 PM at Tice Valley Rec. Center, Walnut Creek

*A great introduction for youngsters looking for the "Excel Experience" in shorter hours.*

Camps are Monday thru Thursday. 3 hour daily sessions include:  
**Station drills** stressing passing, shooting, defense, dribbling, rebounding, ballhandling, offensive moves and game situations.  
• **2 Games per Day** • **Daily Lectures** on Key Aspects of the Game  
• **Dribble Series** • **Ballhandling Series** • **Awards**

\$115.00 Tuition per session includes a T-shirt and challenging session of detailed instruction and team play. Payment in full must accompany this application to reserve your space.

**Contact us by: Phone:** 925-798-6502 **Website:** www.excelinbasketball.com **email:** excelcamp@gmail.com

## Excel in Basketball Specialty Weekend Camps

The Shooting Camps, Guard Camp, Offensive Skills, Defensive Skills, Competition Camp and Post Camp are specific skill camps for serious players looking to expand and refine their game.

**Camp Hours:** 2 Day Weekend Camps consist of 8 hours of instruction: Saturday: 8:30-12:30 and Sunday: 12:30-4:30

**Tuition:** Each instructional camp is \$90.00. Payment in full must accompany the application. Tuition fee includes a camp T-Shirt, plus two intense days of instruction and drills.

**Deadline for enrollment is 7 days before the first day of camp.** Registration is limited, first come, first served basis.

**Instruction:** Brief instructional lectures are followed by immediate application sessions which consist of small group practice providing the maximum amount of supervised repetitions. Games and Competition allow students to apply skills learned.

**Staff:** 1:8 coaches/players **Grouping:** Players grouped according to age, size, and ability. ratio provides individual attention.

For serious players looking to improve their skills or learn the proper fundamentals to excel in the "science of shooting." 8 hours of in-depth instruction focusing on the basics of shooting. Provides detailed video shooting analysis, competitive shooting drills and establishes practice patterns that will guarantee success.

**Instruction:** Lectures on topics ranging from: stance, grip, shooting preparation, technique of shooting and practice patterns. Further instruction includes: using screens on and off the ball, shooting on the move and off of offensive moves.

**Stations:** Station drills focus on key fundamentals of shooting and shot preparation.

## Shooting Camps Boys & Girls in Grades 5-12

Excel offers four  
2 Day Weekend Shooting Camps  
**at De La Salle High School**  
1130 Winton Drive, Concord  
**Session 1 • April 10-11**  
**Session 2 • June 5-6**  
**Session 3 • September 11-12**  
**Session 4 • October 9-10**

## Guard Camp Boys & Girls in Grades 5-8

**at De La Salle High School**  
1130 Winton Drive, Concord  
**Guard Camp: June 19-20**

Refine skills of perimeter play! 8 hours of instruction introduces the basics of guard play, including: defense, shooting, passing, mental preparation, developing your physical game, ballhandling, dribbling, individual offensive movement and team offensive movement.

**Instruction:** Includes: Dribbling, Passing, Shooting, Offensive Moves, Perimeter Movement, Mental and Physical Preparation, Screening, and Transition Play.

**Competition:** 3 on 3 Games, Fast Break Competition, and End of Game Strategy

Excel in Basketball Youth Coaches Clinics:

Youth Basketball Coaches Academy

# Excel in Basketball Application 2010

indicate session(s) desired on the right of form:

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_  
 Parent's Name \_\_\_\_\_  
 Confirmation will be sent via e-mail. Please write legibly and put us on your safe list  
 e-mail address: \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Emerg. Phone \_\_\_\_\_  
 Family Doctor \_\_\_\_\_  
 School \_\_\_\_\_ **Grade Next Sept. 2010** \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_  
 Circle T-Shirt Size: **Youth:** Large **Adult:** Small Medium Large XL  
 Please mail me \_\_\_\_\_ additional brochures for my friends

## Parent's Consent

I hereby give my consent for my child to participate in all activities at the "Excel in Basketball" camp. I declare that my child is in good physical condition. I hereby give the staff of "Excel in Basketball" permission to render such medical and hospital care as, in their judgment, may seem advisable for my child. I hereby state that we have adequate medical coverage and will not hold the staff of "Excel in Basketball" liable for any injuries incurred during the camp session.

Parent's Signature \_\_\_\_\_

## Proof of Insurance

Policy No. \_\_\_\_\_  
 Name of Company \_\_\_\_\_  
 Please inform us of any physical disabilities or medical conditions which would effect your child's participation at camp in the space provided below.  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Full Payment or a non-refundable deposit payable shall accompany this application. Make checks payable to:

**"Excel in Basketball, Inc."**

1370 Golden Leaf Way • Concord, CA • 94521 • Phone: 925-798-6502

## Week Long Day Camps Tuition: \$165.00

### Spring Day Camp

(For boys and girls in grades 4-9 in Fall of 2010).

**Spring Session** April 5-9 De La Salle H.S.

### Summer Day Camps

Session	Dates	Grades (in Fall of 2010)	Location
<input type="checkbox"/> 1	June 14-18	Boys & Girls Grades 4-9 /Boys-Grades 10-12	Tice Valley Rec Ctr.
<input type="checkbox"/> 2	June 21-25	Boys & Girls Grades 4-9	Tice Valley Rec Ctr.
<input type="checkbox"/> 3	June 28-July 2	Boys & Girls Grades 4-9 /Boys-Grades 10-12	De La Salle H.S.
<input type="checkbox"/> 4	July 5-9	Boys & Girls Grades 4-9	De La Salle H.S.
<input type="checkbox"/> 5	July 12-16	Boys & Girls Grades 4-9	De La Salle H.S.
<input type="checkbox"/> 6	July 19-23	Boys & Girls Grades 4-9	De La Salle H.S.
<input type="checkbox"/> 7	July 26-July 30	Boys & Girls Grades 4-9	Tice Valley Rec. Center

### Spring/Summer Day Camp Payments • Enclosed is:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Payment in full         | <input type="checkbox"/> \$255 deposit - 3 weeks | <input type="checkbox"/> \$510 deposit - 6 weeks |
| <input type="checkbox"/> \$85 deposit - 1 week   | <input type="checkbox"/> \$340 deposit - 4 weeks | <input type="checkbox"/> \$595 deposit - 7 weeks |
| <input type="checkbox"/> \$170 deposit - 2 weeks | <input type="checkbox"/> \$425 deposit - 5 weeks | <input type="checkbox"/> \$680 deposit - 8 weeks |

## Junior Camps Tuition: \$115.00

### Excel Junior Day Camp:

For Boys & Girls in Grades 1-3 in Fall of 2010

- |   |                |                               |
|---|----------------|-------------------------------|
| <input type="checkbox"/> <b>Junior Camp 1</b> | June 28-July 8 | De La Salle H.S.              |
| <input type="checkbox"/> <b>Junior Camp 2</b> | July 26-29     | Tice Valley Recreation Center |
| <input type="checkbox"/> <b>Junior Camp 3</b> | October 4-7    | Tice Valley Recreation Center |

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 1 Session: \$115.00 | <input type="checkbox"/> 2 Sessions: \$230.00 | <input type="checkbox"/> 3 Sessions: \$345.00 |
|--|---|---|

## Specific Skills Weekend Camps Tuition: \$90.00

### Shooting Camps

Session	Dates	Location	For Boys & Girls in
<input type="checkbox"/> 1	April 10-11	De La Salle	Grades 5-12
<input type="checkbox"/> 2	June 5-6	De La Salle	in
<input type="checkbox"/> 3	September 11-12	De La Salle	Fall of 2010
<input type="checkbox"/> 4	October 9-10	De La Salle	

- |   |             |                             |             |
|---|-------------|-----------------------------|-------------|
| <input type="checkbox"/> <b>Perimeter Guard Camp</b>  | June 19-20  | Boys & Girls in grades 5-9  | De La Salle |
| <input type="checkbox"/> <b>Offensive Skills Camp</b> | July 10-11  | Boys & Girls in grades 5-12 | De La Salle |
| <input type="checkbox"/> <b>Interior Post Camp</b>    | July 17-18  | Boys & Girls in grades 5-12 | De La Salle |
| <input type="checkbox"/> <b>Defensive Skills Camp</b> | Sept 18-19  | Boys & Girls in grades 5-12 | De La Salle |
| <input type="checkbox"/> <b>Competition Camp</b>      | October 2-3 | Boys & Girls in grades 5-12 | De La Salle |

### Specialty Two Day Camp Payments • Enclosed is:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 1 Camp, \$90   | <input type="checkbox"/> 4 Camps, \$360 | <input type="checkbox"/> 7 Camps, \$630 |
| <input type="checkbox"/> 2 Camps, \$180 | <input type="checkbox"/> 5 Camps, \$450 | <input type="checkbox"/> 8 Camps, \$720 |
| <input type="checkbox"/> 3 Camps, \$270 | <input type="checkbox"/> 6 Camps, \$540 | <input type="checkbox"/> 9 Camps, \$810 |

### Interior Post Camp Boys & Girls in Grades 5-12

at De La Salle High School  
1130 Winton Drive, Concord  
Post Camp: July 17-18

Develops and refines skills in interior/post play! 8 hours of instruction introduces guards and post players to the basics of interior play, including: rebounding, offensive moves, shooting, interior passing, mental preparation, developing your physical game, individual offensive movement and post partners offensive movement.

**Instruction:** Instructional topics include: Screening and Sealing, Working in Pairs, Establishing Position, Defending the Post, Post Passing, Offensive Moves and Angles

**Stations:** Station drills and games focus on key fundamentals of interior play.

### Competition Camp Boys & Girls in Grades 5-12

at De La Salle High School  
1130 Winton Drive, Concord  
Competition Camp: October 2-3

Teaches players how to compete! 8 hours of instruction on all aspects of basketball play in a competitive environment. Builds from one on one to five on five competitive situations. Each competitive setting will introduce basketball skills including one on one moves, screens on ball, screens off ball, post play, shooting drills, and more. Introduces the concept of "playing hard" and "playing to win."

**Competition:** 1 on 1 play, 2 on 2 play, 3 on 3 play, 4 on 4 play, 5 on 5 play. Games provide application of skills in a fun environment

### Offensive Skills Camp Boys & Girls in Grades 5-12

at De La Salle High School  
1130 Winton Drive, Concord  
Offensive Skills Camp: July 10-11

Teaches the intricacies of offensive play. 8 hours of instruction introduces 1 on 1 moves, Screens and Seals, Decision-Making, Perimeter-Post movement, Post-Post Movement, Team Passing, Half Court Offense and Transition Offensive Play.

**Instruction:** Topics include: Motion Offensive Movement, Fast Break Basketball, Attacking the Defense, Screening, Moving with and Without the Ball, Spacing, Creating Angles, Passing

**Competition:** 4 on 4 play, 5 on 5 play, Transition play. Games provide application of skills in a fun environment

### Defensive Skills Camp Boys & Girls in Grades 5-12

at De La Salle High School  
1130 Winton Drive, Concord  
Defensive Camp: September 18-19

Teaches and reinforces every aspect of defensive play. The 8 hours of intense instruction introduces individual stances: on ball, denial, helpside and post defense. Other topics include defending screens, transition defense, team defense. Players apply skills in 1 on 1, 2 on 2, 3 on 3, 4 on 4 settings.

**Instruction:** Topics include: stances on ball, denial defense, helpside concepts, post denial, defending high low post play, stopping the fast break, trapping defense, zone play. Games provide application of skills in a fun environment.