

APPLICATION FORM – POLAR BEAR BASKETBALL CAMP

Please Circle the Session you would like to attend.

Session 1: June 16-19 (6:00 – 9:00 pm), Intensive Training Session for boys entering grades 7-12
Cost: \$150 with a non-refundable deposit of \$75.

Session 2: June 23-27 (9:00am – 4:00pm), Traditional Session for boys ages 8-15.
Cost: \$210 with a non-refundable deposit of \$90.

Name: _____ Grade Entering: _____

Home Address: _____ Email address: _____

Ht: _____

Wt: _____

Telephone Number: _____ T-shirt size: _____

School Attending: _____ Make checks payable to Polar Bear Basketball Camp

Parental Permission: _____ and mail to: Tim Gilbride c/o Bowdoin College

Insurance Carrier and ID #: _____ 9000 College Station, Brunswick, ME 04011

Age: _____

Camp Director

Tim Gilbride – Bowdoin College

Camp Features (Traditional Camp)

- * Traditional Camp sessions run from 9:00 to 4:00, Monday through Thursday. Friday's session will end around 1:00pm
- * Emphasis on fundamentals and team play.
- * Instructional stations focusing on fundamentals.
- * Excellent college and high school coaches.
- * Teams limited to 10 players.
- * Parents welcome as observers at all times.
- * Greason Pool at Farley Field House is available for swimming.
- * Every camper will receive a camp shirt.
- * Every camper will receive an evaluation.
- * Every camper will play in games, participate in contests and enjoy daily sessions covering individual and teams skills development.

Camp Features (Training Camp)

- * Every camper will participate in an intense daily session that will both instruct and develop them as individuals. (6:00-9:00pm)
- * Individuals will be instructed and participate in specific strength training for basketball.
- * Individuals will be instructed and participate in speed and agility drills.
- * Individuals will be instructed and participate in perimeter and post techniques and skill development for both offense and defense as individuals and in a team concept.

22nd Annual

Polar Bear Basketball Camp for Boys



**Bowdoin College,
Brunswick, Maine**

June 16 – 19

Intensive Training Camp
Boys entering grades 7-12
(6:00 – 9:00 pm daily)

June 23 – 27

Traditional Camp
Boys ages 8 – 15 (9:00am – 4:00pm)

Polar Bear Basketball Camp



At the Polar Bear Basketball Camp, you will receive one week of concentrated basketball instruction, including team and individual fundamentals that will enable you to improve your game. You will learn from experienced and knowledgeable high school and college coaches and talented counselors.

Daily Schedule (Traditional Camp)

- 8:30 Registrations (6/23 only)
- 9:00 Attendance, Announcements, Stretching and Warm up
- 9:15 Fundamental Stations
- 10:00 Games/Practice
- 11:00 Practice/Games
- 12:00 Lunch/Rest Period
- 1:00 Activity/Games
- 2:00 Games/Activity
- 3:00 Pool/Lecture/Individual Instruction
- 3:30 Open Gym

Intensive Training Camp (Evenings)

- 6:00 Instruction and Warm up
- 6:15 Strength Training/Speed and Agility/Individual Skills
- 7:00 Individual/Team Concepts
- 7:45 Controlled Games
- 8:45 Game Feedback

Director –Coach (Tim Gilbride)

Tim Gilbride just completed another successful season in his twenty third year as the head coach at Bowdoin. He has guided the Polar Bears to eleven CBB titles, to invitations to both the ECAC and NCAA tournaments and is the winningest basketball coach in Bowdoin College history. He is a 1974 graduate of Providence College where he was a member of their nationally ranked Division 1 basketball team. He also coached at North Smithfield High School in RI, the Women’s Varsity Basketball Team at Providence College and was the top men’s assistant at American International College.

Assistant Directors

Preston Beverly

Preston just completed his first year as the assistant coach at Bowdoin. A 2006 graduate of the Virginia Military Institute. He had a short career playing semi-pro basketball and led his team to a Championship before coming to Bowdoin and assisting them to their most successful season to date.

Charlie Gordon and Joe Cormier

Charlie and Joe are former Bowdoin assistants and have served as directors of the camp since its conception.

Location

The camp will be held at the Bowdoin College Campus in Brunswick, Maine. Participants will have the use of facilities as well as the Greason pool in Farley Field House.

Equipment

Participants will need clothes for strenuous activity, which should include a regular pair of basketball sneakers, shorts and a t-shirt. Bathing suit and towel are needed if camper decides to swim.

Meals (Traditional Camp)

Participants must bring a bag lunch. A snack bar will be available to the campers during lunch break and after daily sessions.

Parental Permission and Liability Waiver

Please read the following statement. Your signature on the registration form confirms your understanding.

Please enroll my son. I understand that neither Bowdoin College nor anyone associated with the Polar Bear Basketball Camp will assume any responsibility for accidents and medical or dental expenses incurred as a result of participation in this program. The applicant is in good health, is covered by insurance, and is able to participate in the physical activity of a rigorous program. In the event of an injury or illness, I authorize the camp staff to act for me according to their best judgment in providing medical care.
