

# EXCEL IN BASKETBALL

## 2015 Events Schedule and Application



<b>Guard Camp</b> June 27-28 at Foothill MS	<b>Spring Day Camp</b> April 6-10 at Foothill MS (Grades 3-9 Boys & Girls)
<b>Shooting Camps</b> Session 1 May 2-3 at Walnut Creek Int. Session 2 June 6-7 at Foothill MS Session 3 September 12-13 at Foothill MS Session 4 October 17-18 at Foothill MS	<b>Excel Junior Camp for Grades 1-3</b> Spring April 6-9 at Foothill Middle School Session 1 June 22-25 at Tice Valley Recreation Center Session 2 July 6-9 at Tice Valley Recreation Center Session 3 July 20-23 at Saint Isidore School in Danville
<b>Post Camp</b> July 25-26 at Foothill MS	<b>Summer Day Camps (Grades in Fall '2015)</b> Session 1 June 15-19 Tice Valley Grades 4-9 Boys & Girls/Grades 10-12 Boys Session 2 June 22-26 Tice Valley Grades 4-9 Boys & Girls Session 3 June 29-July 3 Tice Valley Grades 4-9 Boys & Girls/Grades 10-12 Boys Session 4 July 6-10 Tice Valley Grades 4-9 Boys & Girls Session 5 July 13-17 St. Isidore Grades 4-9 Boys & Girls Session 6 July 20-24 St. Isidore Grades 4-9 Boys & Girls Session 7 July 27-31 Tice Valley Grades 4-9 Boys & Girls
<b>Competition Camp</b> June 13-14 at Foothill MS	
<b>Offensive Skills Camp</b> Session 1 July 18-19 at Foothill MS Session 2 Sept. 26-27 at Foothill MS	<b>Super Ballhandling/Dribbling Skills Camp</b> Session 1 May 30-31 at Foothill Middle School Session 2 July 11-12 at Foothill Middle School Session 3 October 3-4 at Foothill Middle School
<b>Defensive Skills Camp</b> October 10-11 at Foothill MS	

**Youth Basketball Coaches Clinics: Sept. 22, 24, 26 & Oct. 24th (See website for details and brochure: [www.excelinbasketball.com](http://www.excelinbasketball.com))**

### The Allocco File

HS Coach: 23+ 643-96

Has won 20 games for 23 consecutive seasons

Won 30 games in 6 seasons

"Final 4" of State Playoffs  
9 of 15 Years

#### Championships include:

19 League Titles

16 straight League titles

255-11 League Record: DLS

10 North Coast Section Titles

6 Nor-Cal Titles

3 State Championships

Second All-Time Winning Percentage in CA History

#### Honors Won:

Head Coach of McDonald's All-American Game: 2014

National Catholic Coach of the Year: 2012

National High School Coach of the Year: 2000

CA State Coach of Year: 1994, 2000, 2010, 2011

North Coast Section Honors Coach: 2004

East Bay Coach of Year 1995, 1996, 2000, 2006, 2011

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

Northgate: 1995

De La Salle: 2000, 2006

### A Message from Coach Frank Allocco, Camp Director

#### 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 which focuses 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 learn under the guidance of two coaching legends; Ara Parseghian and "Digger" Phelps. This unique experience gave me an excellent perspective into the ministry of coaching.

My diversified coaching experiences include 16 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 55 college players, 37 at the Division 1 level.

My camp experiences include coaching the McDonald's All-American Game (2014) and the Jordan All-American Game (2006), and at the world famous Five Star Basketball Camp. 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 and in 2010 at the Belgium Basketball Federation National Clinic. This past fall, I was the lead instructor at the All-Asia Elite High School Camp in Shanghai, China.

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, fast break, 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."

### 2015 Schedule of Events

April 6-10	Spring Break Camp
April 6-9	Spring Junior Camp
May 2-3	Shooting Camp 1
May 30-31	Ballhandling/Dribbling 1
June 6-7	Shooting Camp 2
June 13-14	Competition Camp
June 15-19	Session 1 Day Camp
June 22-26	Session 2 Day Camp
June 22-25	Junior Camp 1
June 27-28	Guard Camp
June 29-July 3	Session 3 Day Camp
July 6-10	Session 4 Day Camp
July 6-9	Junior Camp 2
July 11-12	Ballhandling/Dribbling 2
July 13-17	Session 5 Day Camp
July 18-19	Offensive Skills Camp 1
July 20-24	Session 6 Day Camp
July 20-23	Junior Camp 3
July 25-26	Post Camp
July 27-31	Session 7 Day Camp
Sept. 12-13	Shooting Camp 3
Sept. 22,24,26	Youth Coaches Academy
Sept. 26-27	Offensive Skills Camp 2
Oct. 3-4	Ballhandling/Dribbling 2
Oct. 10-11	Defensive Skills Camp
Oct. 17-18	Shooting Camp 4
October 24	Youth Coaches Clinic

# Excel in Basketball Week Long Day Camps

Session	Location	Dates	Grade Level in Fall of 2015
Spring	Foothill Middle School	April 6-10	Grades 3-9 Boys and Girls (Current Grade)
1	Tice Valley Rec. Center	June 15-19	Grades 4-9 Boys and Girls/ Grades 10-12 Boys
2	Tice Valley Rec. Center	June 22-26	Grades 4-9 Boys and Girls
3	Tice Valley Rec. Center	June 29-July 3	Grades 4-9 Boys and Girls/ Grades 10-12 Boys
4	Tice Valley Rec. Center	July 6-10	Grades 4-9 Boys and Girls
5	Saint Isidore's School	July 13-17	Grades 4-9 Boys and Girls
6	Saint Isidore's School	July 20-24	Grades 4-9 Boys and Girls
7	Tice Valley Rec. Center	July 27-31	Grades 4-9 Boys and Girls

## Locations:

Foothill Middle School  
2775 Cedro Lane Walnut Creek, CA

Tice Valley Recreation Center  
2055 Tice Valley Blvd. Walnut Creek

Saint Isidore Parish Gymnasium  
435 La Gonda Way Danville, CA

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

Juice provided at noon lunch break, campers provide their own bag lunch

- Station Drills stress passing, shooting, defense, dribbling, ball handling, offensive moves, rebounding, and game situations.
- Daily Lectures on key aspects of the game
- Free Throws emphasis and competition
- "Pistol Pete" Ballhandling Drills
- Defensive Drill Emphasis each day in our lectures and stations
- One on One play and competition
- Two "League Games" and practice sessions every day
- Afternoon Skill Station on attack drills and fast break basketball.
- Dribble Series - Challenging dribbling exercises to develop dribbling skills



**Tuition:** \$199.00 Fee includes: Camp T-shirt, awards, and a fun session of intensive instruction and team play. A non-refundable deposit of \$100.00 per session or full payment will reserve your place in camp. **Mail in or Online Registration Now Available.**

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

**Awards:** Player's receive an individualized Evaluation Card and Camp Notebook. Age group awards for foul shooting and one-on-one champions. Outstanding Player, Best Defense, Most Improved, Station Master, and Most Inspirational Awards in each league.

**Registration:** Deadline for Spring Camp: April 1st. Summer Camp is June 8. Registration is on a first come, first served basis.

## Excel Super Ballhandling/Dribbling Skills For Boys and Girls in Grades 4-12 (Fall 2015)

Session 1 May 30-31 at Foothill MS, Walnut Creek  
Session 2 July 11-12 at Foothill MS  
Session 3 October 3-4 at Foothill MS  
Saturday Hours: 8:30-11:30 • Sunday Hours: 12:30-3:30

Teaches and Drills key aspects of Ballhandling & Dribbling:  
Stationary Dribbling, Open Court Dribbling, Two Ball Dribbling, Pistol Series, Paired Ballhandling Drills, more.

Learn proper technique while challenging yourself to develop outstanding "handles."

\$80.00 Tuition includes T-shirt and challenging session of detailed instruction and drillwork. Payment in full must accompany this application to reserve your space.

## Excel in Basketball Junior Camp For Boys and Girls in Grades 1-3 (Fall 2015)

Junior Basketballs and Lower Hoops!!

Great introduction to the "Excel Experience" in shorter hours

Session	Date	Time	Location
Spring:	April 6-9	3-6 PM	Foothill Middle School
1:	June 22-25	3-6 PM	Tice Valley Rec Center
2:	July 6-9	3-6 PM	Tice Valley Rec Center
3:	July 20-23	3-6 PM	Saint Isidore's School

Camp is Monday thru Thursday. 3 hour daily sessions include:

**Station drills:** Passing, shooting, defense, dribbling, rebounding, ballhandling, offensive moves and game situations.

**2 Games per Day • Lectures on Key Aspects of the Game Dribble Series • Ballhandling Series • "Perfect Passing"**



\$120.00 Tuition per session includes a T-shirt and challenging session of detailed instruction, fun, and team play. Payment in full must accompany this application to reserve your space.

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

## Excel in Basketball Specialty Weekend Camps

The Weekend Camps are specific skill camps for players looking to expand and refine their game.

Camp Hours: 2 Day Weekend Camps consist of 7 hours of instruction: Saturday: 8:30-12:00 and Sunday: 12:30-4:00

**Locations:** Walnut Creek Int. • 2425 Walnut Blvd. Walnut Creek  
Foothill Middle School • 2775 Cedro Lane • Walnut Creek

**Instruction:** Instructional lectures are followed by immediate application sessions consisting of small group practice providing the maximum amount of supervised repetitions. Competition allows students to apply skills learned.

**Tuition:** Each instructional camp is \$90.00. Payment in full must accompany the application. Tuition includes camp T-Shirt, plus two fun and challenging days of instruction and drills.  
Deadline for enrollment is 7 days before the first day of camp.

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

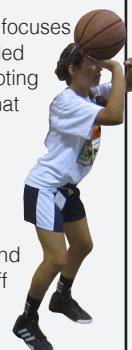
For serious players looking to improve their skills or learn the proper fundamentals to excel in the "science of shooting." 7 hours of in-depth instruction focuses on the basics of shooting. Provides detailed video shooting analysis, competitive shooting drills and establishes practice patterns that will guarantee success.

**Instruction Includes:** 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 4-12

1	May 2-3	Walnut Creek Int
2	June 6-7	Foothill MS
3	Sept. 12-13	Foothill MS
4	Oct. 17-18	Foothill MS



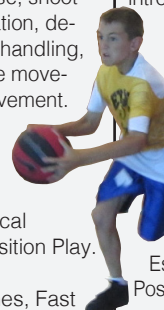
## Guard Camp Boys & Girls in Grades 4-9

at Foothill MS on June 27-28

Refine skills of perimeter play! 7 hours of instruction introduces the basics of guard play, including: defense, shooting, passing, mental preparation, developing 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, Transition Play.

**Competition:** 3 on 3 Games, Fast Break Competition, and End of Game Strategy. Games provide application of skills in a fun environment.



Excel in Basketball Youth Coaches Clinics: Youth Basketball Coaches Academy

# Excel in Basketball Application 2015

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

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_  
 Parent's Name \_\_\_\_\_  
**Confirmation/Receipts will be sent via e-mail. Put us on your safe list.**  
 email address 1: \_\_\_\_\_  
 email address 2: \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Emerg. Phone \_\_\_\_\_  
 Family Doctor \_\_\_\_\_  
 School \_\_\_\_\_ **Grade Next Sept. 2015** \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_  
 Circle T-Shirt Size: **Youth:** YM YL **Adult:** AS AM AL XL

## Parent's Consent/Waiver

I hereby give my consent for my child to participate in all activities at the "Excel in Basketball" Day 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 hereby release Excel in Basketball, its Officers, Agents, Servants, and Employees from any and all liability with respect to any injuries that may be sustained by our child while going to, while engaging in, and returning from this activity. I 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 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: \$199.00

**Spring Day Camp** (For boys and girls currently in grades 3-9)  
 Spring Session April 6-10 Foothill Middle School

### Summer Day Camps

Session	Dates	Grades (in Fall of 2015)	Location
<input type="checkbox"/> 1	June 15-19	Boys & Girls Grades 4-9 /Boys-Grades 10-12	Tice Valley Center
<input type="checkbox"/> 2	June 22-26	Boys & Girls Grades 4-9	Tice Valley Center
<input type="checkbox"/> 3	June 29-July 3	Boys & Girls Grades 4-9 /Boys-Grades 10-12	Tice Valley Center
<input type="checkbox"/> 4	July 6-10	Boys & Girls Grades 4-9	Tice Valley Center
<input type="checkbox"/> 5	July 13-17	Boys & Girls Grades 4-9	St. Isidore's School
<input type="checkbox"/> 6	July 20-24	Boys & Girls Grades 4-9	St. Isidore's School
<input type="checkbox"/> 7	July 27-31	Boys & Girls Grades 4-9	Tice Valley Center

Spring/Summer Day Camp Payments • Enclosed is:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Payment in full         | <input type="checkbox"/> \$300 deposit - 3 weeks | <input type="checkbox"/> \$600 deposit - 6 weeks |
| <input type="checkbox"/> \$100 deposit - 1 week  | <input type="checkbox"/> \$400 deposit - 4 weeks | <input type="checkbox"/> \$700 deposit - 7 weeks |
| <input type="checkbox"/> \$200 deposit - 2 weeks | <input type="checkbox"/> \$500 deposit - 5 weeks | <input type="checkbox"/> \$800 deposit - 8 weeks |

## JUNIOR CAMPS Tuition: \$120.00

**Excel Junior Day Camp:** For Boys & Girls in Grades 1-3 in Fall of 2015

- |   |            |                                   |
|---|------------|-----------------------------------|
| <input type="checkbox"/> Junior Camp Spring | April 6-9  | Foothill MS, Walnut Creek         |
| <input type="checkbox"/> Junior Camp 1      | June 22-25 | Tice Valley Rec Ctr, Walnut Creek |
| <input type="checkbox"/> Junior Camp 2      | July 6-9   | Tice Valley Rec Ctr, Walnut Creek |
| <input type="checkbox"/> Junior Camp 3      | July 20-23 | Saint Isidore's School, Danville  |

1 Session: \$120.00  2 Sessions: \$240.00  3 Sessions: \$360.00  4 Sessions: \$480.00

## SPECIFIC SKILLS WEEKEND CAMPS Tuition: \$90.00

Shooting Camps For Boys & Girls in Grades 4-12 in Fall of 2015	Session	Dates	Location
<input type="checkbox"/> 1	1	May 2-3	Walnut Creek Int, Walnut Creek
<input type="checkbox"/> 2	2	June 6-7	Foothill MS, Walnut Creek
<input type="checkbox"/> 3	3	September 12-13	Foothill MS, Walnut Creek
<input type="checkbox"/> 4	4	October 17-18	Foothill MS, Walnut Creek

- |   |             |  |             |
|---|-------------|--|-------------|
| <input type="checkbox"/> <b>Competition Camp</b>      | June 13-14  | Boys & Girls in grades 4-12, Fall '15: | Foothill MS |
| <input type="checkbox"/> <b>Guard Camp</b>            | June 27-28  | Boys & Girls in grades 4-09, Fall '15: | Foothill MS |
| <input type="checkbox"/> <b>Offensive Skills 1</b>    | July 18-19  | Boys & Girls in grades 4-12, Fall '15: | Foothill MS |
| <input type="checkbox"/> <b>Interior Post Camp</b>    | July 25-26  | Boys & Girls in grades 4-12, Fall '15: | Foothill MS |
| <input type="checkbox"/> <b>Offensive Skills 2</b>    | Sept. 26-27 | Boys & Girls in grades 4-12, Fall '15: | Foothill MS |
| <input type="checkbox"/> <b>Defensive Skills Camp</b> | Oct. 10-11  | Boys & Girls in grades 4-12, Fall '15: | Foothill MS |

Weekend Camp Payments:  1 Camp, \$90  2 Camps, \$180  3 Camps, \$270  4 Camps, \$360  5 Camps, \$450  6 Camps, \$540  7 Camps, \$630  8 Camps, \$720  9 Camps, \$810  10 Camps, \$900

## SUPER BALLHANDLING/DRIBBLING SKILLS Tuition: \$80.00

- |                                    |            |                             |             |
|------------------------------------|------------|-----------------------------|-------------|
| <input type="checkbox"/> Session 1 | May 30-31  | Boys & Girls in grades 4-12 | Foothill MS |
| <input type="checkbox"/> Session 2 | July 11-12 | Boys & Girls in grades 4-12 | Foothill MS |
| <input type="checkbox"/> Session 3 | Oct. 3-4   | Boys & Girls in grades 4-12 | Foothill MS |

1 Session: \$80.00  2 Sessions: \$160.00  3 Sessions: \$240.00

### Interior Post Camp

Boys & Girls in Grades 4-12

at Foothill MS on July 25-26

Develops and refines skills in interior play! 7 hours of instruction introduces guards and post players to the basics of interior play, including: rebounding, offensive moves, shooting, interior passing, mental preparation, the physical game, individual offensive movement and post partners offensive movement.

**Instruction Includes:** Screening & Sealing, Working in Pairs, Establishing Position, Defending the Post, Post Passing, Offensive Moves and Angles.

**Stations:** Drills & games focus on key fundamentals of interior play and provide application of skills in a fun environment.

### Competition Camp

Boys & Girls in Grades 4-12

at Foothill MS on June 13-14

Teaches players how to compete! 7 hours of instruction on all aspects of basketball play from 1 on 1 to 5 on 5 play in a competitive Environment. Each setting introduces basketball skills including 1 on 1 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. Competition provides application of skills in a fun environment.

### Offensive Skills Camp

Boys & Girls in Grades 4-12

at Foothill MS on July 18-19  
at Foothill MS on Sept. 26-27

Teaches the intricacies of offensive play. 7 hours of instruction introduces 1 on 1 moves, Screens and Seals, Decision-Making, Perimeter-Post movement, Post-Post Movement, Team Passing, Half Court Offense & Transition Offense.

**Instruction Includes:** Motion Offensive Movement, Fast Break Skills, 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 4-12

at Foothill MS on October 10-11

Teaches and reinforces every aspect of defensive play. 7 hours of instruction introduces 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 Includes:** On Ball Defense, Denial Defense, Helpside concepts, Post Denial, defending high low post play, transition defense, trapping defense, zone play.

**Competition:** Builds from 1 on 1 to 5 on 5 play. Games provide application of skills in a fun environment.