

Dear parents and campers,

We look forward to seeing you at the 2022 Nike Basketball Overnight Camp at Camp Wahanowin in Orillia.

The information in this package is important, so please read it thoroughly.

The following forms in package must be completed and submitted prior to camp starting:

- Health Waiver and Release Form (in this package)
- Rules and Regulations Form (in this package)
- Waive of Liability (COVID-19) (in this package)

There are additional forms and requirements from Camp Wahanowin. Please refer to email and additional attachments.

2022 CAMP INFORMATION PACKET: NIKE BASKETBALL CAMP AT CAMP WAHANOWIN ORILLIA

DATES: JUNE 30 - JULY 8

WELCOME

Thank you for choosing a Sports Camps Canada Camp. Congratulations on signing up to work with some of the best coaches and facilities in Canada. If you have any questions and/or feedback you'd like to share, please send us an email at info@sportscampscanada.com. We are also available at 844-464-5372. Have a great time!

BRING YOUR FRIENDS

Everything is more fun with friends! Remember to tell your teammates about camp so they can join you! Space for all camps is limited, so early registration is recommended.

CAMP ADDRESS & ONSITE CONTACT

Camp Wahanowin Orillia

6726 Rama Rd, Lonford, Ontario LOK 1L0

Director: Jey-son Edwards Phone: 416-708-7627

Email:fourpointbasketball@gmail.com

CAMP CHECK-IN

Please check in Thursday June 30th at 4 pm

CAMP CHECK-OUT

Please check out Friday July 8th at 9:30 am

For Bus information, including arrival and departure, please vist:

https://fourpointbasketball.com/overnightcamp

MEALS

Campers will receive snacks and 3 meals a day. Please do not send your camper with any food items.

We are very lucky to have Chef Chris Lakiotis run the Wahanowin kitchen for 45 years. Known for the quality and quantity of its fine cuisine throughout the camping community. Our delicious and nutritious meals are planned in accordance with the Canada's Food Guide, which satisfies every campers' tastes

Kosher-style dining (Kosher meat option available, \$)

Many special diets can be accommodated (Gluten-free/celiac option available, \$)

Peanut-safe

Vegetarian alternatives

Recognizing and meeting the dietary needs of our camper

SCHEDULE & DAILY HOURS

Visit https://fourpointbasketball.com/overnightcamp for "Typical Daily Schedule".

COVID-19 SAFETY INFORMATION

All campers **are** required to complete COVID-19 passive screening at camp check-in and **to** monitor **for symptoms** throughout the week.

Camp Wahanowin requires that campers are fully vaccinated against COVID-19, and require proof of vaccination. Visit https://covid-19.ontario.ca/proof-covid-19-vaccination to download the QR code.

Please visit our "**Sports Camps Canada COVID-19 Safety Information**" page for more details. https://www.sportscampscanada.com/covid-19-safety

^{*}These regulations are subject to change.

HEALTH AND RELEASE FORMS

All camper parents are required to fill out the attached forms and bring them with you the first day of class.

- Sports Camps Canada Health & Release Forms
- Sports Camps Canada Rules & Regulations Form
- Sports Camps Canada COVID-19 Waiver of Liability

All forms MUST be completed prior to camp. Campers will not be admitted to camp without these completed forms.

CHECKLIST OF THINGS TO BRING

Below is a suggested list of clothes, equipment, and personal items. Sports Camps Canada is NOT responsible for lost or stolen articles or money.

- Basketball or Running Shoes
- Comfortable athletic attire
- Water Bottle
- Signed Health/Release forms

*For more camp details, including **OVERNIGHTPACKING LIST**, please visit: https://fourpointbasketball.com/life-at-camp

HEALTH AND SAFETY

In case of a medical emergency campers will be transported to the nearest hospital. All senior staff are Certified in Basic First Aid/CPR training and all staff have completed a Vulnerable Sector check.

Drugs, alcoholic beverages, and cigarettes are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund or voucher. Camper bags may be inspected upon check-in or at any time during camp.

DIRECTIONS & PARKING

Please use GPS to navigate your way to the camp address listed at the beginning of the packet. Once on-site, please follow signs directing you to the camp check in location.

COMMUNICATION

We encourage communication with home. Campers are permitted to call their family and friends during their breaks and after hours. We do not allow the use of cell phones during training sessions. If you need to reach your child for an urgent matter, please call the on-site contact's phone number provided in this packet. Our staff will put you in touch with your camper. If the matter is not urgent, please leave a message and we will be in touch.

If campers have any concerns such as grouping, homesickness, illness or injury, etc., please ask them to talk to their coach or Camp Director first. Then feel free to call the camp phone number and speak to a member of our staff. We are committed to making this a great experience for your child and want to deal with all issues immediately.

PAYMENTS

Full payment of camp fees must be completed already.

Your confirmation shows your balance due and you will not receive another invoice from us. If you have paid your deposit by credit card, we will not automatically charge the balance due, unless previously authorized to do so*. Please pay your remaining balance online or by calling the Sports Camps Canada office at 844-464-5372.

*Any camp fees that are still outstanding on the start date of your camp, or any damages and/or expenses incurred by the camper during their stay at camp, will be charged to the credit card on file.

CANCELLATIONS

At Sports Camps Canada, we hope you will not have to cancel your enrollment in camp. If you do though, there are options. of camp by Sports Camps Canada, please visit:

https://www.sportscampscanada.com/peace-of-mind-policy

CAMP CODE OF CONDUCT

Our primary objective is to create positive change in the campers who attend our camps. Moreover, we want to ensure the safety of our campers at all times and provide a healthy, learning atmosphere. To achieve these objectives, we ask that campers conduct themselves in a positive and responsible manner.

With that in mind, we created a Positive Code of Conduct and ask that all campers do their best to adhere to it:

- To think positive and act positive throughout your stay with us
- To behave with proper etiquette at the facility at all times.
- To treat fellow campers and coaches with the respect, consideration and kindness they deserve.
- To be on time for all camp functions.
- To report any personal problems or concerns to a staff member immediately.
- To report any sign of illness or injury to a staff member immediately.
- To stay with assigned staff member (i.e. chaperone or coach) at all times.
- To stay in assigned groups at all camp functions.
- To stay within the camp residence at all times unless given permission by a staff member.
- To respect fellow campers and camp staff by limiting cell phone use during camp functions.

Any serious violation of camp regulations, such as willful damage to the facility or lodging property and/or behavior deemed unsuitable and detrimental to the best interest of the camp, will result in immediate dismissal from camp.

*All Rights reserved. Nike and the Swoosh design are registered trademarks of Nike, Inc. and its affiliates, and are used under license. Nike is the title sponsor of the camps and has no control over the operation of the camps or the acts or omissions of Sports Camps Canada.

FOLLOW US!



SPORTS CAMPS CANADA, ULC ("Sports Camp") 2-1033 Pape Ave., Toronto, ON, M4K 3W1 T: 1-844-464-5372 E: info@sportscampscanada.com

BRING THESE FORMS WITH YOU TO CAMP

Your child will not be admitted to camp without this form completed and signed.

		CAMP DATES		
1. FAMILY INFORM	ATION			
CAMPER				
Name		Age:		
Gender: [Date of Birth: _	Age:	Weight:	_ Height:
Names of Parent or	Legal Guardiar	1		
Address				
		_Province	Postal Code	
Home Phone ()		Work Phone () _	Cell Phone	
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Secondary emergen Phone of secondary 2. HEALTH & GENER Should the camper Please identify any a ALLEGERIES TYPE Hay Fever Asthma	r emergency co	om any activity? tions, or medical condition DRUG REACTIONS TYPE Sulpha Penicillin	ns that you would li YES/NO	ke us to be aware

Are all immunizations for the camper up to date?

IMMUNIZATIONS		
<u>TYPE</u>	YES/NO	
Tetanus Toxoid		
Polio Vaccine		
Measles		
Rubella		
Mumps		
Diptheria		
Meningococcal disease		
Whopping Cough (pertussis)		
Chickenpox (Varicella)		

3. HEALTH INSURANCE

Does the camper have an Ontai	io Health Insurance Number? () YES () NO	
OHIP number:	Name on OHIP Card	
Other Applicable Health Insurar	nce (Benefits plans or alternatives to OHIP) (Optional)	
Plan Provider:		
Member Number:		

You understand you will be financially responsible for any medical attention your camper needs during camp or resulting from an injury received at camp. You give permission for the named camper to receive emergency medical or surgical treatment and hospitalization if necessary, and as decided by Sports Camp. You understand that a good faith attempt will be made to contact you, or the listed emergency contact, before providing consent on your behalf.

If your camper is covered by the Ontario Health Insurance Plan (OHIP), you acknowledge that OHIP may have limited coverage for certain health services and that you are responsible (e.g. private medical insurance) for any additional costs not covered. For more information on OHIP, visit: http://www.health.gov.on.ca/en/public/programs/ohip/.

4. MEDIA

Sports Camp may take photographs and recording of our campers, and may use the photographs, electronic images, as well as audio and video recordings in marketing, training, management and promotion programs.

You give permission to Sports Camp and its agents and contractors to take and use photographs, electronic images, and audio and video recordings ("images and recordings") of your child listed on the previous page without compensation. All such images and recordings are the property of Sports Camp. You understand and agree that such images and recordings may be used for promotional purposes and that Sports Camp may, without restriction, reproduce, publish, adapt, perform and communicate such images and recordings, in whole or in part, in any media (whether now existing or hereafter invented) throughout the world without any further permission and without any compensation whatsoever.

(___) NO. I do not want my camper to be photographed and/or recorded.

5. PERSONAL INFORMATION

Sports Camp collects, uses and retains personal information as set out in the Sports Camp privacy policy: http://www.sportscampscanada.com/privacy/.

6. RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTIONS

TO: Sports Camps Canada, ULC, Lytton Park Tennis Inc., Lytton Sports Camps Inc., Nike, Inc. (collectively the "Company") and its affiliates and their respective shareholders, directors, officers, employees, contractors, agents and volunteers and its representatives, and, if applicable, owners and lessors of premises used for Activities (defined below) (collectively referred to as the "Releasees").

CAMPER:	
PARENT OR LEGAL GUARDIAN:	
PARENT OR LEGAL GUARDIAN:	

In consideration of the Camper of whom I/we am/are the parent(s) or legal guardian(s) ("I", "myself"), being allowed to participate in this sport camp program (the "Camp") operated by the Company, its related events and activities ("Activities"), and for other good and valuable consideration, the receipt and sufficiency of which, I, on my behalf and on the behalf of my Child and our respective heirs, executors, administrators, personal legal representatives, assigns and next of kin (collectively, our "Legal Representatives") acknowledge and agree as follows:

REPRESENTATIONS. The Releasees are relying on the completeness of the information provided in this form.

ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS. There are significant risks and dangers, both known and unknown, of serious injury from the sports activities involved in this program and there are also risks of injury from such outside camper activities. These risks and dangers may be affected by a number of factors including, but not limited to: the Child's and other participants' physical strength, coordination or sense of balance; Child's and other participants' experience and training in activities provided by the Camp; the proximity of medical care; compliance with the rules and regulations of the Camp and Company and the safety rules for the equipment (the "Rules"); compliance with the instructions of the Company's employees; and the negligence or intentional acts or omissions of others including, but not limited to, other participants, observers or any of the Releasees. I fully assume the risk of any personal injury, illness or death occurring to my Child and the risk that any personal property belonging to myself and/or my Child is lost, stolen or damaged even if such injury, illness, death, loss or damage is caused by the negligence or willful acts or omissions of any of the Releasees or any other person and whether same occurs while participating in or observing the Activities or in any other area of the Camp or even outside of the Camp.

WAIVER AND RELEASE. I hereby waive all rights to make or bring any claims, demands, actions, suits or proceedings (collectively, "Claims") which I, my Child, Legal Representatives and any other person who may claim through me by virtue of section 61 of the Family Law Act (Ontario), now or in the future have against the Releasees (or any of them) and hereby release and forever discharge the Releasees (and each of them) from any and all Claims and liability for or in respect of any illness, injury, death, property damage, loss, cost or expense suffered or incurred as a result of or related to my Child participating in or observing the Activities or attending at the Camp, due to any cause whatsoever including, but not limited to, negligence, willful acts or omissions, breach of contract or breach of any statutory or other duty of care by any of the Releasees or any other person.

INDEMNITY. In the event that: (a) my Child causes or contributes in any way to the injury or death of any person who is at a Camp or to the damage or loss of any property at a Camp, and/or (b) any Claims are made or brought against the Releasees (or any of them) in connection with any matter hereinbefore released; I shall indemnify and hold harmless the Releasees (and each of them) from and against any and all resulting or related Claims, liabilities, judgments, costs and/or expenses (including lawyer's fees and disbursements).

ARBITRATION. In the event of any dispute to any provision of this Release and Waiver, or pertaining to the services rendered pursuant to this Release and Waiver or in any way related to attendance at a Camp, including any claim against the Releasees, I agree to submit to binding arbitration to resolve such disputes. In the event either party incurs any expense as a result of the other party's failure to comply with any provision of this Release and Waiver, the non-complying party shall be liable for reimbursement of any and all such expenses or legal fees directly or indirectly related to failure to comply. In the event any legal action or proceeding occurs which is in any manner related to or pertaining to this agreement, attempting to challenge in a non-arbitral forum such as a court of law the validity or application of this agreement, the party who substantially prevails in that court or non-arbitral proceeding shall be entitled to receive reasonable costs of such action or proceeding including legal fees. In the arbitration itself, each party shall bear its own legal fees.



I acknowledge I may have additional rights. I understand the above paragraph does not prevent me from exercising my right to commence an action in the Ontario Superior Court of Justice for matters not covered by this arbitration clause.

GENERAL. This Release and Waiver shall be governed by and construed in accordance with the laws of the Province of Ontario and the federal laws of Canada applicable therein.

If any portion of this Release and Waiver is found to be illegal, invalid or unenforceable, the remaining portions shall remain in full force and effect. In this Release and Waiver, headings are for convenience of reference only and are not intended to be full or complete descriptions and words in the singular shall include the plural and vice versa. This Release and Waiver shall be binding upon myself, my Child and our Legal Representatives.

BY SIGNING BELOW, I UNDERSTAND AND ACCEPT THE PROVISIONS OF THIS RELEASE AND WAIVER. I AM GIVING UP CERTAIN LEGAL RIGHTS THAT MYSELF AND MY CHILD MAY OTHERWISE HAVE.				
PARENT OF LEGAL GUARDIAN	DATE			
SIGNATURE		_		
PARENT OF LEGAL GUARDIAN	DATE			
SIGNATURE				

WAIVER OF LIABILITY Relating to Coronavirus/COVID-19

SPORTS CAMPS CANADA

On March 11, 2020, The World Health Organization declared the novel coronavirus, COVID-19, a pandemic. COVID-19 is highly contagious and is believed to spread mainly from person-to-person contact. COVID-19 can have serious adverse health consequences, especially for individuals with underlying health conditions. In addition, new variants of the disease have been identified within Canada, some of which appear to spread more easily and quickly than previously known variants. As a result of the COVID-19 pandemic, federal, provincial, and local governments and health agencies have recommended, and in some instances mandated, measures to attempt to mitigate the spread of the virus, such as social distancing, face coverings, and limitations on the size of groups that may congregate.

ACKNOWLEDGEMENT AND ASSUMPTION OF ALL RISK

By signing this Waiver of Liability ("Waiver"), you acknowledge the contagious nature of COVID-19, your child's participation in a Sports Camps Canada program is voluntary, and you voluntarily assume the risk that your minor child may be exposed to or infected by COVID-19 at the facility or facilities at with the program will take place ("Facility"). You acknowledge that by attending a Sports Camps Canada program, such exposure or infection may result in personal injury, illness, disability, and/or death or financial loss or harm as a result thereof. You understand that the risk of becoming exposed to or infected by COVID-19 at Sports Camps Canada could result from the acts, omissions, or negligence of others, including but not limited to Sports Camps Canada, Nike, Inc, and their officers, directors, employees, agents, representatives and contractors, and the owner/operator of the Facility (collectively, "Sports Camps Canada Parties") and/or other individuals including program participants and visitors to the Facility.

You acknowledge that Sports Camps Canada cannot guarantee that your minor child will not become exposed to or infected with COVID-19 if he/she attends a Sports Camps Canada program. Further, because of the number of individuals involved in operating or attending any Sports Camps Canada programs and the fact that many infected individuals appear to be asymptomatic, attending a Sports Camps Canada program may increase your minor child's risk of contracting COVID-19.

You voluntarily agree to assume all of the foregoing health and financial risks and accept sole responsibility for any injury to your child(ren), your family and others associated with you (including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense of any kind whatsoever).

RELEASE OF ALL CLAIMS

By signing this Waiver, you hereby (for yourself, your minor child(ren), and for your personal representatives, agents, family members, significant others and assigns (for which you have the legal authority and authorization to do so)) expressly (a) release, discharge and hold harmless Sports Camps Canada Parties of and from any and all liabilities, claims, actions, damages, costs or expenses of any kind (contingent or real) arising out of or relating to COVID-19 THAT IS in any way (directly or indirectly) related to a Sports Camps Canada program or your child's presence at the Facility, and (b) covenant not to sue and agree not to pursue any claim of any nature whatsoever against Sports Camps Canada Parties under general laws or equity, the judicial system, through governmental or regulatory channels, quasi-governmental authorities or otherwise, if you, your minor child(ren), your personal

representatives, agents, family members or significant others (if and as applicable), experience personal injury, illness, disability and/or death or financial harm arising out of or relating to COVID-19 (directly or indirectly).

You understand and agree that this release includes any and all claims based on the actions, omissions, or negligence of Sports Camps Canada Parties or the Facility, whether a COVID-19 infection occurs before, during, or after participation in attending any Sports Camps Canada program or the Facility. Accordingly, you waive and relinquish for yourself, your minor child(ren), and for your personal representatives, agents, family members, significant others and assigns (for which you have the legal authority and authorization to do so):

A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR OR RELEASING PARTY DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE AND THAT, IF KNOWN BY HIM OR HER, WOULD HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR OR RELEASED PARTY.

You also waive any similar statute under any other provincial or federal law, to the fullest extent that he, she, or it may lawfully waive such right or benefit.

You further agree that this Waiver is intended to be as broad and inclusive as possible and that if any portion is held invalid, it is agreed that the balance shall continue in full legal force and effect.

Consistent with the above, you recognize that in the event you or your minor child(ren) test positive for COVID-19, regardless of where you or they contracted the virus, you have a duty to promptly notify Sports Camps Canada if your minor children have used its facilities at any time during which they may have exposed other persons so that Sports Camps Canada may perform "contact tracing." You also recognize that should another person who attended any Sports Camps Canada program at the same time test positive, you may need to be notified. Accordingly, you are providing your telephone, phone number and residence address below.

You acknowledge and agree that you have carefully read and agree to voluntarily sign this Waiver and that you may be giving up valuable legal rights.

[remainder of this page intentionally left blank]

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IN CONSIDERATION OF MY MINOR CHILD(REN)/WARD(S) BEING ALLOWED TO PARTICIPATE IN THIS SPORTS CAMP CANADA PROGRAM AND ATTEND ITS RELATED EVENTS AND ACTIVITIES, I, THE UNDERSIGNED, ACKNOWLEDGE THAT I HAVE READ ALL OF THE PROVISIONS OF THIS WAIVER OF LIABILITY AND HEREBY AGREE TO ITS TERMS. I HAVE HAD THE OPPORTUNITY TO SEEK THE ADVICE OF LEGAL COUNSEL WITH RESPECT TO THIS RELEASE AND WAIVER OF LIABILITY AND ATTEST THAT I AM OF SOUND MIND AND AM FULLY AUTHORIZED TO EXECUTE THIS WAIVER OF LIABILITY, AND THAT I AM FULLY AWARE OF ALL LEGAL IMPLICATIONS AND RAMIFICATIONS ASSOCIATED WITH MY SIGNING THIS WAIVER OF LIABILITY.

Signature of Parent or Guardian	Printed name of Parent or Guardian
Email	Telephone
Address of Parent or Guardian:	
Name(s) of Child(ren):	
1.	COVID-19 Vaccine?:
2.	COVID-19 Vaccine?:
3.	COVID-19 Vaccine?:
4.	COVID-19 Vaccine?:



Don't lose your stuff at sports camp this year,

LABEL EVERYTHING!

Label Daddy's Peel-n-Stick washable labels help campers get their stuff back home. With team and sport logos, our labels are perfect for uniforms, shoes, bags, water bottles, sports equipment, and personal items!



15% OFF SPECIAL!

Order now and save! You'll get a 15% discount on all our sports labels by using the special code below.

www.labeldaddy.com/scc Code: SC







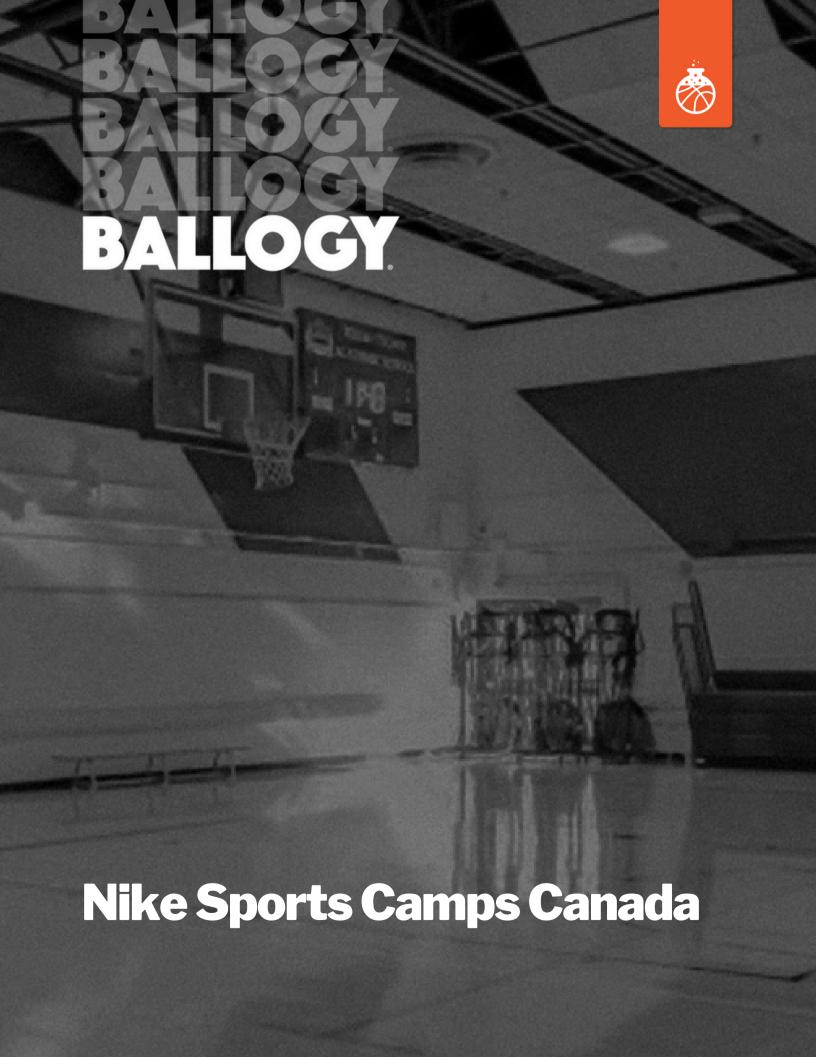
















Ballogy App Overview

Ballogy is a mobile app where youth basketball players can elevate their game. Our mission is to become the industry standard for youth athletic skills measurement and tracking and the lead exposure platform for kids aspiring to get to the next level in their sport. We enable today's up and coming athletes to analyze their performance in specific areas and give them baselines to improve. Here's how we do it.

The Ballogy Skills Assessment

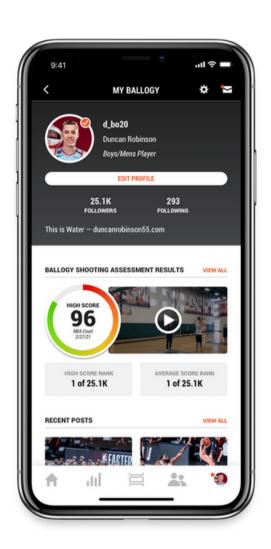
The Ballogy Skills Assessment is the first objective skills metric that gives amateur athletes everywhere a chance to get noticed at the middle school, high school, and collegiate level. The assessment consists of 100 shot attempts, challenging players to make free throws, short-range, midrange, and long-range shots from various locations within a set time limit. Video of the test is captured in the Ballogy app and reviewed, verified, and scored by Ballogy Certified Coaches. The resulting Ballogy Score is saved to players' profiles for increased visibility and exposure. The main areas of consideration are skill set, shot consistency, and stamina.

Group Challenges

The custom challenge feature allows any group owner to assign a challenge to their group members. Provide custom instructions and accept recorded responses from your group members with Group Challenges! This allows you to watch, score, and provide feedback for each individual submission, rank high scores, and assess overall performance and participation. Each group member is allowed to submit an unlimited number of entries into your Group Challenge with a Ballogy Pro upgrade; non-subscribers are allowed just one (free) submission.

The Ballogy Community

Within the Ballogy platform, we provide a social community where players, coaches, and trainers can connect and showcase their journey. The platform is curated for only sports-related content. Users have the ability to build their profile with data, accurate measurements, and highlights to share with coaches, schools, and teammates.



Download the Ballogy App for free!





Scan to Download the Ballogy App

Available for iOS and Android phones



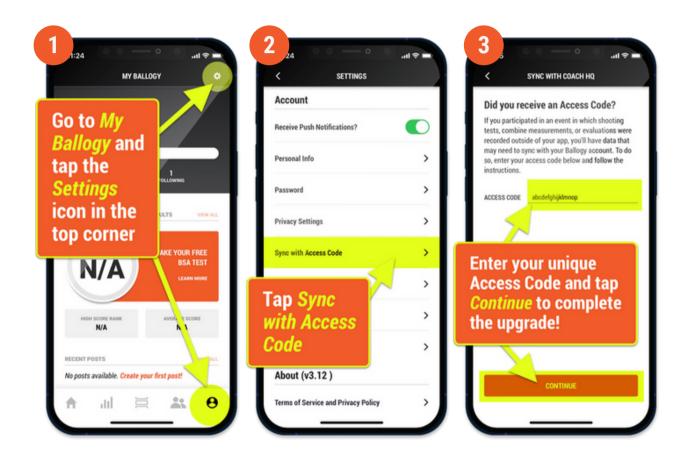








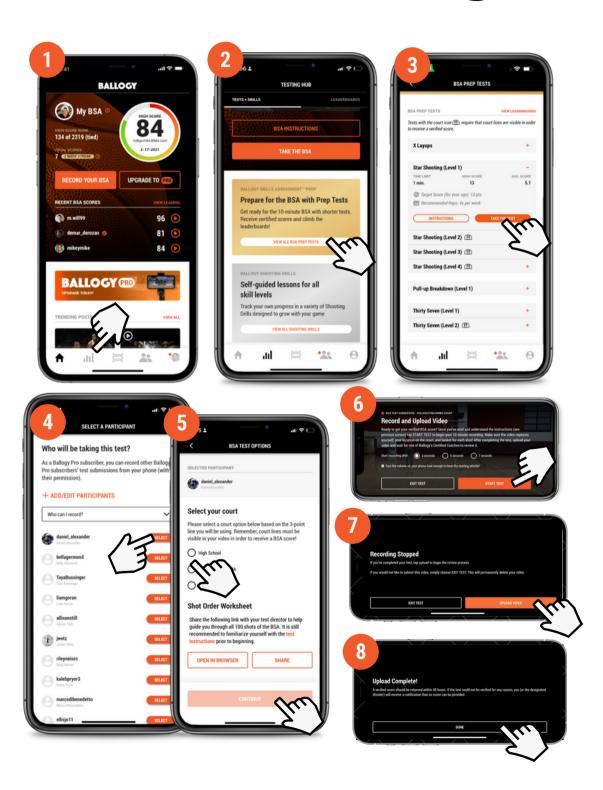
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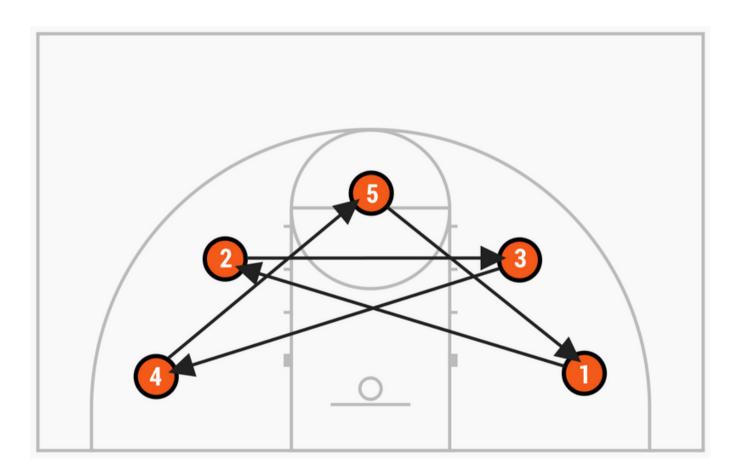


How to Test the Star Shooting Drill





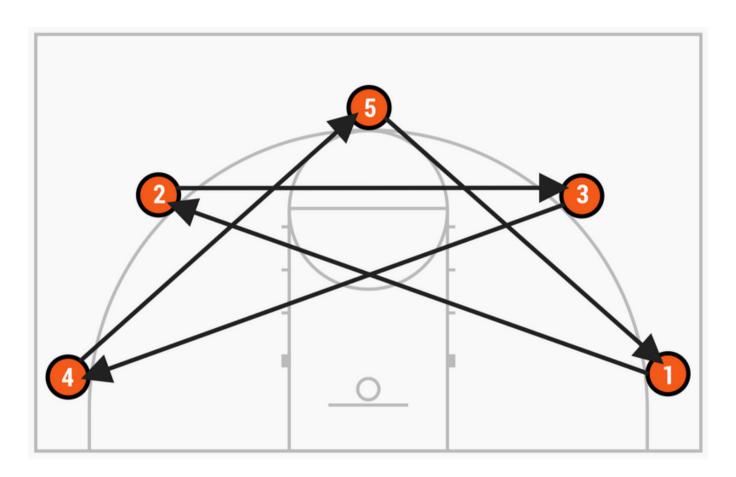
Star Shooting (Level 1)



Begin by placing 5 cones (or available items to use as markers) 15 feet from the center of the basket in 5 spots (see below for diagram). You will start in the left corner with the basketball. Attempt your first shot, then sprint to the right wing and receive a pass from your rebounder for your second shot attempt. Follow this with the left wing, right corner and top locations, then repeat as many times as possible in one minute. Each shot is worth 1 point.



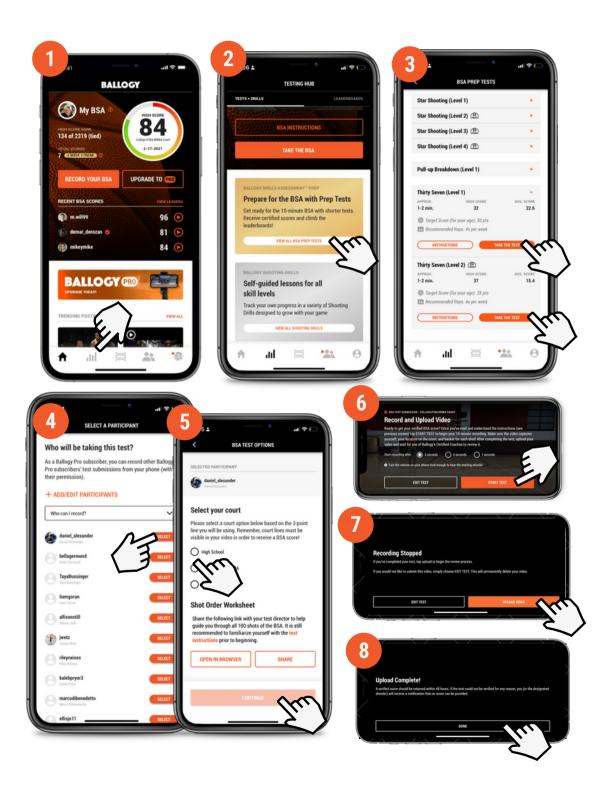
Star Shooting (Level 2)



Begin the behind the high school 3-point line in the left corner with the basketball. Attempt your first shot, then sprint to the right wing and receive a pass from your rebounder for your second shot attempt. Follow this with the left wing, right corner and top locations, then repeat as many times as possible in one minute. Each shot is worth 1 point.

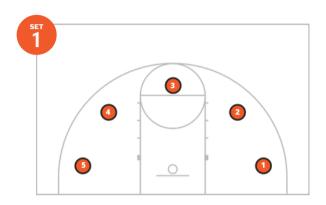


How to Test the Thirty-Seven Drill

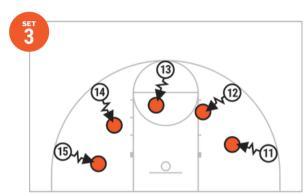




Thirty-Seven (Level 1)







SET 1: CATCH AND SHOOT JUMPERS (LEFT CORNER START)

5 shots worth 3 points each; max 15 points

SET 2: ONE-DRIBBLE PULL-UPS DRIBBLING LEFT

5 shots worth 2 points each; max 10 points

SET 3: ONE-DRIBBLE PULL-UPS DRIBBLING RIGHT

5 shots worth 2 points each; max 10 points

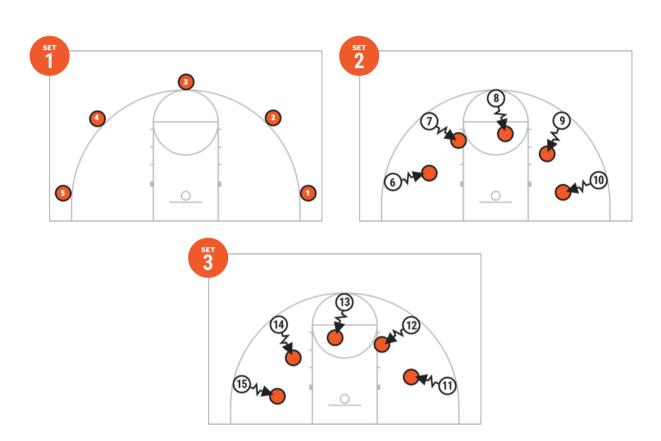
SET 4: TWO FREE THROWS

2 shots worth 1 point each; max 2 points

OVERALL: 17 shots worth a maximum of 37 points



Thirty-Seven (Level 2)



SET 1: CATCH AND SHOOT JUMPERS (LEFT CORNER START)

5 shots worth 3 points each; max 15 points

SET 2: ONE-DRIBBLE PULL-UPS DRIBBLING LEFT

5 shots worth 2 points each; max 10 points

SET 3: ONE-DRIBBLE PULL-UPS DRIBBLING RIGHT

5 shots worth 2 points each; max 10 points

SET 4: TWO FREE THROWS

2 shots worth 1 point each; max 2 points

OVERALL: 17 shots worth a maximum of 37 points



How to Test the BSA

