



St. Sebastian Arrows Summer Basketball Camps

*Where: St. Theresa Catholic Church
21371 St. Theresa Lane
Ashburn, VA 20147*

*When: July 22nd- 26th
Grades: 3rd-7th 9:00 am -12:00 pm
Grades: 8th-12th 1:00 pm - 4:00 pm*

*Cost: \$125 per athlete (\$100 for siblings)
Checks can be made payable to: Elizabeth Long
Registration is now open and closes on:
Wednesday, July 17th*

What to Wear/Bring: A good pair of athletic shoes, athletic attire, a basketball with your family name on it, a water bottle, and a snack.

Our goal for this basketball camp is to introduce new skills and hone the ones you already have in an instructive/ supportive environment. This camp will also help determine if you have any interest in joining the St. Sebastian basketball team.

Coaches:

Liz Long: Liz was a standout basketball, cross country, and track and field athlete in high school where she set numerous club and school records in track & cross country and won individual state titles in both the 800 m and 5k. She went on to compete collegiately, running cross country at Marymount University where she earned All-Conference and MVP honors during her time there. While still in college, Elizabeth got a job coaching middle school and high school basketball and track/cross country at Leesburg Christian School, as well as, teaching physical education classes there. Elizabeth also coached the Our Lady of Hope 8th grade girl's JCYO basketball team in 2016 and the 7th grade boy's JCYO basketball team in 2017. Elizabeth graduated in December 2017 with a bachelor's degree in Sport Science from California University of Pennsylvania. Elizabeth currently works for Oakcrest school in Vienna, VA as head coach for high school and middle school cross-country, middle school basketball and assistant coach for high school and middle school track and field. She is greatly looking forward to working with athletes at the St. Sebastian Arrows Basketball Camp this summer, motivating them to recognize and use their God-given talents to reach their full potential.

Curtis Kasinski: Curtis graduated from high school in June of 2017. In high school he was a star basketball player for Leesburg Christian School and Shenandoah Valley Christian Academy. Having scored over 1300 points in his varsity basketball career, he is one of the all-time leading scorers in Leesburg Christian School basketball history and one of the top three-point shooters in the school's history as well. During the winter 2016 basketball season, while playing varsity basketball as a junior for Shenandoah Valley Christian Academy he was also assistant coach for the SVCA middle school boys basketball team. For Saint Sebastian Academy he was Track and Field assistant coach in spring 2018 and head coach for St. Sebastian's inaugural basketball season. He currently is attending college majoring in sports management. Basketball has been his passion and sports love since he started playing at 8 years old. He enjoys being able to have the knowledge and opportunity to share that love, passion, and knowledge of the game with the next generation of young athletes.