

**2023 Lyman's Bleed Blue  
Basketball Camp**

Registration

Participant Name:

\_\_\_\_\_

Gender: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Parent's name:

\_\_\_\_\_

Tel: \_\_\_\_\_

Allergies: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Shirt Size:

YS YM YL S M L XL

Checks made to: Lebanon Sports Camps

Send registration and check to:

David F. Lopez

307 Beaumont Hwy. Lebanon, CT 06249

(Before June 13 to order the t-shirts)

☐ Check here if you would like your child to participate in the Elite skills development, from 8am to 9am for an additional charge of \$50.00



Lyman's Bleed Blue Basketball Camp

Lyman Memorial High School  
917 Exeter Rd, Lebanon, CT 06249

david.lopez@lebanonct.org  
aaron.lorenzo@lebanonct.org



**2023 Lyman's Bleed Blue  
Basketball Camp**

**June 26-30**

**5 Day Camp**

**9am-1pm**

**Cost \$160 .00**

**Grades 3-8**



## COACHES

**David Lopez**

**David.lopez@lebanonct.org**

- Girls Varsity Head Coach at Lyman Memorial High School
- Girls Team were ECC Champs Division 4
- Lyman Girls were #1 seed in ECC D2 Tourney, #6 seed in state
- Co-founder, Director and Coach of the AAU CT Spartans Elite Basketball Program
- Head coach of the CT Spartans Elite Basketball College Exposure teams
- Assistant Coach @ iDream 16U, CT's only Nike sponsored girls team

**Aaron Lorenzo**

**aaron.lorenzo@lebanonct.org**

- Boys Varsity Head Coach at Lyman Memorial High School
- Bacon Academy All State Player alumni
- Uconn Avery Point basketball player, where he earned as a sophomore an All Conference honors, and played in the All New England All Star game.
- Uconn graduate with a degree in communications
- Winner of the Scholar Athlete Award
- During the 2022-2023 season he led the Lyman Varsity boys team to their first state tournament semi-final since 1967
- Basketball trainer at Progression Training.

**Luke Gidea**

- Girls Varsity Assistant Head Coach at Lyman
- Girls Head JV Coach at Lyman
- Creator of The BasketballGuild



### What will you learn?

- ⇒ **How to become a better ball handler**
- ⇒ **Techniques to improve your shot**
- ⇒ **How to be a better offensive and defensive teammate**
- ⇒ **Improve your skills with footwork, passing, rebounding, free throws and dribbling**
- ⇒ **How to use your skills in a formal game**
- ⇒ **Exercises to use at home to become a better player**

## The Elite Skills Session

(Not for beginners)

**For player looking to get more advanced skill work:**

- ♦ Guard skill work—2 ball handling, double and triple moves, advanced finishing such euro step, veer and hi finishing
- ♦ Big man post work—drop steps, jump hook, reverse, up and under
- ♦ Skills shooting—using Lyman's own Shoot Away Gun 8K shooting gun where athletes will be able to get over 200 shots
- ♦ Explosivity Exercises using the vertimax

