

**2024 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 July 8 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 5 Day Camp 9am-2pm Grades 3-9 Cost \$160 Elite Skills 8-9am Additi
Session 2

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

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



2024 Bleed Blue Basketball Ca

July 15-19



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.

David Lopez Jr.

- Girls Varsity Assistant Head Coach at Lyman
- Girls Head JV Coach at Lyman
- Assistant Coach for 8th grade CT Spartans team
- 3x All Conference First Team All State
- 4 Year Starting Point Guard at Elms College

All three coaches are certified in First Aid and CPR

Learn individual skills as well as team concepts

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 foot-work, 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**
- ➔ **Increase your basketball IQ**
- Most importantly - HAVE FUN!**

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

