



**Township of Cedar Grove
Recreation Department**
525 Pompton Ave. Cedar Grove, NJ 07009
(973) 239-1410 x220

Hardcore Hoops Summer Basketball Camp II

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;
“LIKE” US ON FACEBOOK, www.facebook.com/cedargroverec or
Call the weather hotline, 973-230-9944.**

- **Who:** Girls & Boys entering 1st-8th grade in September
LIMITED SPACE
- **Where:** Cedar Grove High School – 90 Rugby Rd., Cedar Grove
- **When:** August 7-August 11
- **Times & Fee:** Entering 1st & 2nd Grades; 9:00am-12:00pm - **\$125**
Entering 3rd-8th Grades; 9:00am-3:00pm - **\$175**
Late fee of \$10 will be added after 7/28/23
NO REFUNDS AFTER 7/28
REGISTRATION ONLINE ONLY
<https://register.communitypass.net/TownshipofCedarGrove>

Description: This year Cedar Grove Rec will team up with Coach Joe, founder of Hardcore Hoops and NBA Trainer (<http://hardcorehoops.net/>), and the Cedar Grove High School Boys Varsity Basketball Coach, TJ Jones in a week long Fundamentals First Basketball Camp.

Schedule:

9:00am- Attendance

9:15am- Stretching, Speed & Agility, Strength

10:00am- Snack Break

10:15am- Skill Work, Shooting, Dribbling, Passing, Defense, 1vs 1, Low Post

11:15am- Team Concepts & Games

12:00pm- 1st/2nd grade pick-up

12:15pm- Lunch; you have the option to purchase pizza for \$2/slice on a daily basis. There is also a cash concession for snacks & drinks. You can also opt to bring your own

lunch/drinks/snacks.

12:45pm- Contests

1:45pm- Games

3:00pm- Departure

