



**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](http://www.facebook.com/cedargroverec) or  
Call the weather hotline, 973-230-9944.**

- **Who:** Girls & Boys entering 1<sup>st</sup>-8<sup>th</sup> grade in September  
**LIMITED SPACE**
- **Where:** Cedar Grove High School – 90 Rugby Rd., Cedar Grove
- **When:** August 5 – August 9
- **Times & Fee:** Entering 1<sup>st</sup> & 2<sup>nd</sup> Grades; 9:00am-12:00pm - **\$135**  
Entering 3<sup>rd</sup>-8<sup>th</sup> Grades; 9:00am-3:00pm - **\$180**  
**Late fee of \$10 will be added after 7/26/24**  
**NO REFUNDS - 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- 1<sup>st</sup>/2<sup>nd</sup> 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

