



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

## **Pre-Season Basketball Tune-Up Camp**

**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 currently in 5<sup>rd</sup>-8<sup>th</sup> grade
- **Where:** Memorial Middle School
- **When:** November 7<sup>th</sup> & 8<sup>th</sup>
- **Time:** 9:00am-1:00pm
- **Fee:** \$100.00/child  
**Late fee of \$10 will be added after 11/4/24**  
**NO REFUNDS AFTER START DATE**  
**REGISTRATION ONLINE ONLY**  
<https://register.communitypass.net/TownshipofCedarGrove>

**Description:** 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 2-day Pre Season Tune- Up Camp. This Camp is designed for players to get ahead of the competition for their upcoming seasons. Focusing on Team Offensive and Defensive concepts through game play scenarios that they will need to succeed on their prospective teams.



### **Schedule:**

- 9:00am-** Attendance
- 9:15am-** Warm-Ups and Skill Development
- 10:15am-** Team Offensive Concepts (2 Man Game, Offball Movement, Floor Spacing, Read and React, Positional Rebounding, Secondary Break, Breaking the Press ect.)
- 11:30am-** Lunch; you have the option to purchase pizza for \$2/slice on a daily basis. You can also opt to bring your own lunch/drinks/snacks.
- 12:15pm-** Team Defensive Concepts (Individual Defense, Help Slides, Positional Rebounding, Defending on and off ball screens, ect.)
- 1:00pm-** Departure