

ACADEMY OF LIONS

www.coachpettit.com



BASKETBALL CAMP

LOCATION

Columbia Prep School
4 West 93rd Street
New York, NY 10025

TIME + DATE

Monday-Thursday

August 15 - 18
3:30pm-8:30pm

COST

Grades 7-12

\$625

Checks should be made payable to
CGPS

No Refunds After June 1

PROGRAM

Coach Pettit's Academy of Lions Basketball Camp consists of players from grades 7-12 interested in improving their overall game. Each camp participant will become a better overall player by performing game specific drills that cover every aspect of Columbia Prep basketball. Every camp participant is expected to give 100% effort each day of camp.

In addition to basketball skill development, Coach Pettit will also focus on strength training and conditioning. Athletes will improve multi-directional movement, acceleration, power, endurance, flexibility, quickness and strength. Education points include nutrition, movement analysis and strength training technique. Emphasis will be placed on the participant's ability to effectively communicate to his teammates. Each participant will be evaluated and educated on their ability to communicate verbally and non-verbally to teammates. Each participant will leave the camp with a better understanding of how to become a more complete basketball player.



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BASKETBALL CAMP

CONTACT

RPettit@cgps.org
917-204-9917

COACH PETTIT

Coach Pettit will be entering his 18th year as head basketball coach at Columbia Prep. He was named New York State Independent School Basketball Coach of the Year in 2014. He has over 200 varsity wins, 14 NYCAL Championships, and his team won the New York Independent School State Championship in 2011. He was a four-year college basketball player, graduating from Manhattanville in 2000. He then went on to receive his master's degree from Teacher's College at Columbia University in 2003. He has worked at camps including University of Florida, Clemson University, University of North Carolina, and Duke University.