

# MIRA COSTA GIRLS BASKETBALL CAMP



**Are you looking to elevate your game?**

This is your opportunity to train like a champion. Get ready for your season! Join the Mira Costa Girls Varsity Coaching Staff and the 2025 Bay League Championship Team at this elite basketball camp!

**Location:** Mira Costa High School

**Date/Times:** September 7/9am-2pm

**Cost:** \$100/athlete (5th-8th grade Girls Only)

Scan QR Code to sign up



## Camp Schedule

9:00a-9:15	Player Check In	11:00a-11:10	Break
9:15a-9:30	Dynamic Warm Up	11:10a-12:00	5v5 Games
9:30a-9:50	Ball Handling	12:00p-12:30	Lunch
9:50a-10:10	Shooting	12:30p-1:00	Mental Training Session
10:10a-10:20	Break	1:10p-2:00	5v5 Games
10:20a-10:40	1v1	2:00	Awards / End of Camp
10:40a-11:00	3v3		

email [jherdman11@me.com](mailto:jherdman11@me.com) for more info

