

# CAMP GOALS



Coaches like to say teams are made in the winter, players are made in the summer. That is the philosophy behind the Penn State Harrisburg Boys Basketball Camp. Our goal is to help each participant become a better player so they are ready to help their respective teams be better come the regular season.

Campers come in all ages, sizes, and abilities, each with their own needs. Built on Coach Don Friday's 25-years of experience running basketball camps, each participant's instructional program is based on the player's individual needs.

Whether a player is a returning high school letterman, or a beginner in elementary school, our staff of PSH coaches and current members of the Lions team will help them develop the skills they need to be a better basketball player.

Instruction includes daily skills, lectures and demonstrations, along with small group drills and instructional stations. There are also times set aside for extra help and individual instruction.

Participants also get to demonstrate the skills they learn by putting them to use in 1-on-1 games and skills competitions and 3-on-3 or full 5-on-5 camp games.

Campers also will receive an individualized end of camp "report card" with tips and workout plans to help them continue their development when they go home, all designed to help them keep working toward that goal of being a better player and being ready for the upcoming season.

# TYPICAL CAMP DAY

- 7:30 a.m. - Wake-up
- 8:00 a.m. - Breakfast in Stack's Food Court
- 8:45 a.m. - Commuters arrive to gymnasium, Roll Call, Warm-up, Flexibility, & Agilities
- 9:05 a.m. - Skill development, fundamental drills for offensive/defensive concept of day
- 9:30 a.m. - Stations/Mini-Clinics in small groups
- 11:00 a.m. - Games Full-court 5v5 or 3v3 half-court
- 12:00 p.m. - Lunch in Stacks Food Court
- 1:30 p.m. - Roll Call/Flexibility
- 1:45 p.m. - Positional breakdowns for Guards/Forwards/Centers
- 2:45 p.m. - Games Full-Court 5v5
- 4:00 p.m. - Swimming/Individual Basketball Instruction in Gymnasium
- 4:30 p.m. - Partial Day Commuters dismissal
- 4:45 p.m. - Dinner in Stack's Food Court.
- 6:30 p.m. - Shooting Drills/Ball Handling work
- 7:00 p.m. - Individual Competitions
- 7:30 p.m. - Full-Court Games 5v5
- 8:45 p.m. - Dismissal Full-Day Commuter
- 9:00 p.m. - Overnight Campers return to residence hall. Movies/Activities
- 11:00 p.m. - Bed Check/Lights out



Capital Union Building Gymnasium

# COACH FRIDAY

When former Penn State Harrisburg team captain Joey Farthing was asked about Lions head coach Don Friday, he didn't hesitate to offer his assessment.



"Coach Friday has changed the culture. He is pushing us to new heights," said Farthing, who was part of a group of Penn State Harrisburg players who were part of the Friday led transition from the North East Athletic Conference to the Capital Athletic Conference, one of the top Division III conferences in the nation.

Farthing's words have proved prophetic. In 2015-16, the school's third year in the CAC, the Friday led Lions quadrupled their win total from the previous season while playing a schedule that included five games against teams that qualified for the NCAA Division III tournament. Included in those wins was a win over nationally ranked (then No. 17) Salisbury, the team's second win over a ranked opponent in Friday's three seasons at the helm.

Penn State Harrisburg's resurgence under Friday comes as no surprise to those who have followed his coaching career. Friday has had success at every stop. As an assistant to legendary coach Pat Flannery, Friday helped Lebanon Valley to a DIII national title and helped Flannery build Bucknell teams that gained the national spotlight with NCAA Tournament wins over Kansas and Arkansas.

As head coach at Division III Lycoming, Friday was twice named the Middle Atlantic Conference Coach of the Year before moving on to Division I St. Francis, where in 2010 he took the Red Flash to the NEC playoffs for the first time in five seasons, a feat he repeated the following year.

Known for his skill at developing players, Friday has also served on the staff of some of the most prestigious basketball camps in the nation, including the highly regarded Hoop Group camps, which feature some of the nation's top college prospects.

# REGISTRATION

*Penn State Harrisburg Boys' Basketball Camp*

**RESERVE YOUR SPOT TODAY!**

**Overnight (Boarding)     \$380**  
*(includes 3 meals daily, lodging, and tuition)*

**Full Day Commuter     \$300**  
**8:45 a.m. to 8:45 p.m.**  
*(includes lunch and dinner daily and tuition)*

**Partial Day Commuter     \$240**  
**8:45 a.m. to 4:30 p.m.**  
*(includes lunch daily and tuition)*

**REGISTER ONLINE AT:**  
**<http://athletics.hbg.psu.edu>**

# TESTIMONIALS

"The instruction that my son received at the PSU Summer Basketball camp has allowed him to approach the game with confidence and athleticism. The tools and skills that Coach Friday and his staff taught to him have allowed Nick to improve his game significantly and strive to achieve new goals and make a travel team this year."  
— Suzanne (Dauphin, Pa)

"Our son looks forward to camp every year. The skills, dedication, and respect that Coach Friday and his team instill on these campers is something that is irreplaceable. My heartfelt thanks to all who make this opportunity possible!"  
— Lora (Middleburg, Pa)

"My sons have attended camps run by Coach Friday numerous times. At all of his camps they learn a lot, play a ton of basketball, and had fun! I think the difference from other camps, is the involvement of Coach Friday – he is on court all day teaching the kids and making sure everyone gets the most out of the camp. As a parent, I also value that they improved from it, and every day they came back happy and tired from a full day of basketball. It is truly "basketball camp," and they learn and work and play all day. We will certainly be back to the PSU camp!"  
— Tim (Hershey)

# CAMP FEATURES

- Individualized instruction with an 8 to 1 camper/coach ratio
- Experienced coaches and NCAA college players as instructors
- Emphasis on individual skills development and team play concepts
- Full schedule of 1-on-1, 3-on-3, and 5-on-5 team competition
- Age and ability grouping to maximize each camper's experience
- All campers receive camp t-shirts and basketballs
- Camper report cards
- Personalized skill improvement plans help continue development after camp
- All camp staff have clearance and background checks to work with minors
- Trophy and awards presentation

## Scholarships for qualified applicants

Through a generous gift from Highmark and United Concordia, Penn State Harrisburg offers scholarships for up to 90 percent of the total cost to attend camp.

In order to qualify, students must not have begun classes for the 9th grade (8th graders in the summer before their 9th grade year may receive a scholarship). Students must be part of their school district's Federal free or reduced price lunch program to qualify. Families must provide documentation to qualify. Scholarship funds are limited and are made available on a first come, first served basis.



**PennState**  
**Harrisburg**

**BOYS BASKETBALL CAMP**

Directed by

**Donald S. Friday**  
Head Coach, Penn State Harrisburg Basketball

**June 25-28, 2017**