

**CAMOSUN COLLEGE**



**CHARGERS**

**Annual Pre-Season Coaches Clinic**

Saturday, September 25, 2010  
PISE at Camosun Interurban Campus

**All V & D Night League and Island High-School and Middle School  
Coaches are invited to attend the annual Chargers Pre-Season  
Coaches Clinic**

All participants will receive:

- Clinic notes for each session presented
- Sessions include athletes demonstrating the drills
- Strength and Conditioning workout for your players
- Information for individual and team programs at PISE
- Season Pass to attend Chargers home league games

**EVERYTHING IS FREE – NO COST FOR ISLAND COACHES!**

**Clinic Schedule:**

**9:30 a. m. Clinic registration begins**

**10:00 – 10:45 a. m. Chargers Basketball**

- individual and team drills for offensive development
- including ballhandling, shooting and team concepts

**10:45 – 11:15 a. m. Strength Training for your Players**

- Why it is important to train
- What you can do with limited time and resources

**11:15 – 12:00 p. m. Chargers Basketball**

- individual and team drills for defensive development
- including footwork, rebounding and stopping ball penetration

**6:00 p. m. Chargers Women's Alumni Game at PISE**

**8:00 p. m. Chargers Men's Alumni Game at PISE**

For further information, contact Brett Westcott (H: 250-388-9807, westcott@shaw.ca)