

Sweat & Desire Hoop Camp



Camp Mission Statement

Sweat & Desire Basketball Camp is a weekday co-educational experience held at Bartlett High School.

Our emphasis is on developing the skills in the Biddy, Junior High and High School player through grade 12. The program is also designed to teach the fundamentals in the sport of basketball in a non-competitive or competitive learning environment.

The key to success and development is to compete at a level that will promote improvement. Divisional alignment through age and skill level allows for every player to have the opportunity to become thoroughly involved at the level of play that each has attained.



Camp Objectives

- To provide each and every camper with individual attention.
- To teach and develop individual offensive and defensive skills.
- To provide local athletes with a quality team sport learning experience at a low cost.
- To promote correct basketball techniques within an enjoyable and educational environment.
- To expose youngsters to a camp atmosphere.
- To provide proper etiquette in the game of basketball.
- To enhance the knowledge of the game of basketball.
- To provide athletes the official rules of basketball.



Camp Director

Mr. Tony Paranto will be in his 27th year as Director of Sweat & Desire Basketball Camp. He has been a Bartlett basketball coach at the varsity level, both boys and girls, for the past twenty-seven years. In that time, he has been named Coach of the Year four times – 1993-94, 1994-95, 2005-06 and 2016-17. During his career he has lead his teams to Conference, District, State and Clark Tournament Championships. Also Coached the Massachusetts Select All-Star Team vs The National Nike Elite Team.

Coach Paranto has been head coach in the Bay State Games. He is a twelve-time AAU Nationals coach, attaining two top ten finishes. He has twice coached the Best of 80 games for top High School players in Massachusetts. He has spent twenty-seven years as the WBL Summer League Director and the Former Boys and Girls Club Youth Basketball Director.



Camp Program

Campers divided into four divisions by:
Age – Grade entering in Fall – Ability

- ***NEW for 2019 Biddy Basketball Camp Boys & Girls (entering K-3)**
9am to 11:30am Tuesday – Friday July 9 - 12
- Junior (entering grades 4, 5 & 6)
- NCAA (entering grades 7, 8 & 9)
- NBA (entering grades 10, 11 & 12)

Special Note: Parent or guardian should note that if you request to have your son/daughter play up a division, you should indicate this on your application in the Division Requested section.

Each camper will play daily games.

Campers will attend six stations daily:

- Motion Offense
- Defense (Zone and Man-to-Man)
- Shooting
- Rebounding
- Dribbling/Passing
- Strength & Conditioning

1-on-1, 2-on-2, 3-on-3, Hot Shot and 3 Point shootout competitions involving all campers will take place daily. Foul shooting will be charted daily. A novel training session will be held mid-week, by and for specific positions: Guards, Forwards and Centers

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Camp Offerings

- 9 Full-Sized Courts
- 24 Regulation Height Baskets
- Excellent Coaching Staff (College and High School)
- Individual and Team Contests
- Individual Instruction
- Camper Evaluation Report
- Receive a Camp Shirt
- Highlight and Instructional Films
- Individual Awards
- Skull Session/Special Guest Appearances
- State of the Art **Shoot-A-Way** (The Gun)

➤ *****SPECIAL BUNDLE RATES*****

➤ *****CANTEEN*****

Cash Canteen offered through the entire camp day.



Typical Daily Schedule

	8:00	Camp Doors Open
8:00	– 8:45	Individual Warm-up
8:45	– 9:00	Camp Meeting & Stretching
9:00	– 9:20	First Station
9:25	– 9:45	Second Station
9:50	– 10:00	Coaches Team Skull Session
10:00	– 10:30	5-on-5 Full Court Game #1
10:35	– 10:55	Third Station
11:00	– 11:15	Team Practice Session
11:15	– 11:45	5-on-5 Full Court Game #2
11:45	– 12:30	Lunch (Pack a bag – Pizza, Candy and Soda Sold) Free Throw Competition Team Competition
12:30	– 1:00	Guest Lecturer/Skills Clinic
1:00	– 1:20	Fourth Station
1:25	– 1:45	Fifth Station
1:50	– 2:20	Sixth Station
2:25	– 3:00	5-on-5 Full Court Game #3
	3:00	Camp Day Ends
	3:30	Camp Doors Close

Schedule is subject to change based on enrollment.

Awards to be given on Friday after lunch time.

Application – 2019 Sweat & Desire Camp

Male: _____ Female: _____ Adult Shirt Size (S, M, L, XL, 2XL): _____ Division Requested: _____ Years Experience: _____

Name: _____ Date of Birth: ____/____/____ Age: _____

Address: _____ Height: _____

City: _____ State: _____ Zip Code: _____ Phone: (____) ____ - _____

Email Address: _____

Emergency Contact: _____ Relationship: _____ Phone: (____) ____ - _____

2018-2019 School: _____ School Attending Next Fall: _____ Grade Entering 2019 Fall: _____

How did you hear of us? Newspaper _____ Website _____ School Flyer _____ Friend _____

\$175.00 Individual Fee Make Check Payable to: Tony Paranto or BHS Camp

** \$200.00 Bundle Package both WBL & Sweat & Desire Camp together saving \$100.00

Submit Registration Form to: c/o Tony Paranto, 73 Wakefield Avenue, Webster, MA 01570

I, the parent of the above son/daughter give my approval to participate in the Sweat & Desire Camp and all its activities. I do assume all risks and hazards related to participation including transportation to and from camp. I hereby waive, release, absolve, indemnify and agree to hold harmless the Town of Webster, all involved with the Webster School Department, Camp Director and Staff, other participants and persons transporting my son/daughter to the camp, for any claim resulting from any athletic, dental or bodily injury that may occur to my son/daughter while attending camp.

_____ ** I have enclosed full payment of \$200 to bundle WBL (\$125) & Sweat & Desire Camp (\$175) together for a savings of \$100.

_____ I have enclosed full payment of \$175 with the understanding this is non-refundable and non-transferable.

_____ I have enclosed full payment of \$100 for Biddy Camp (K-3) 9am-11:30am Tuesday July 9th – Friday July 12th

Signature of Parent or Guardian: _____ Date: _____

Email Address: _____

Tuesday, July 9th
through
Friday, July 12th

Boys and Girls

Bartlett High School
Webster, MA

Tony Paranto, Director
Bartlett Varsity Coach
Since 1992

Info Hotline:
(508) 943-8720

tparanto@websterbasketball.com
www.websterbasketball.com



A Winning Combination