

Monday

Tuesday

Wednesday

Thursday

Friday

# Kings Bay Y Basketball Camp 2010

3495 Nostrand Avenue, Brooklyn, NY 11229, 718-648-7703, ext. 223  
 Daniel Zeltser Camp Director dzeltser@kingsbayy.org  
 Markin De La Cruz Coordinator of Afterschool & Sports Activities

- Two trainings per day
- Both park and hard wood training

- Daily drills, physical , & cardio development
- Two dribbling and shooting trainings per day


WELCOME AND TESTING WEEK

28-Jun



**LAST DAY OF SCHOOL!**

29-Jun



**WELCOME DAY!**

*ICEBREAKERS AND TESTING*


30-Jun



**RED, WHITE AND BLUE BBQ**

Flag football  
Beach Fun

1-Jul



**1 On 1 DAY**

2-Jul



**TRIP DAY**  
MSG TOUR


SKILL DEVELOPMENT WEEK

5-Jul




**Happy Three Day Weekend!**

6-Jul



**Improving Speed and Quickness Day**

7-Jul



**VOLLEYBALL BEACH DAY**


Beach workout  
VOLLEYBALL GAME

8-Jul



**SPORTSMANSHIP DAY**

9-Jul



**TRIP DAY**  
College Basketball Game

DRIBBLING & 3 POINTER WEEK

12-Jul



**DRIBBLING DAY**

13-Jul



**JERSEY DAY**

14-Jul



**MARATHON DAY**


Beach workout  
SUN SAFETY/  
GREENING EDUCATION

15-Jul



**3 POINTER DAY**

16-Jul



**TRIP DAY**  
Bronx Zoo

PHYSICAL CHALLENGE WEEK

19-Jul



**CRAZY HAIR DAY**

20-Jul



**DEFENSE DAY**

BRING YOUR "A" GAME

21-Jul



**DODGEBALL ON THE BEACH DAY**


22-Jul



**OFFENSE DAY**

BRING YOUR "A" GAME

23-Jul



**AMUSEMENT PARK DAY!**

Rye Playland  
**Session 1 Ends**

ALL-STAR COMPETITION WEEK

26-Jul



**DRIBBLING COMPETITION**

27-Jul



**3 POINT COMPETITION**

28-Jul



**FLAG FOOTBALL BEACH DAY**

FOOTBALL ON THE BEACH

29-Jul



**DUNKING COMPETITION**

30-Jul



**TRIP DAY**  
ATLANTIS MARINE WORLD

CARDIO & STRENGTH BUILDING WEEK

2-Aug



**ROUGHING IT DAY**

3-Aug



**MUSCLE HUSTLE DAY**

4-Aug



**ISRAELI STYLE BBQ ON THE BEACH**

BEACH RACES

5-Aug



**YOGA FLEXIBILITY DAY**


6-Aug



**TRIP DAY**  
IMAX


BIG GAME PREP WEEK

9-Aug



**TEAMWORK DAY**

10-Aug



**DREAM TEAM DAY**

11-Aug



**BASKETBALL PREP GAME**

Beach workout

12-Aug



**MICHAEL JORDAN DAY**

13-Aug




**WATER PARK DAY!**

Splish Splash  
\*Late Pick-Up


OLYMPICS WEEK

16-Aug



**OLYMPICS DAY**


17-Aug



**CHAMPIONSHIP GAME DAY**

**SLEEPOVER #2**

18-Aug



**FUN IN THE SUN DAY**

Beach Activities

19-Aug



**CAMP AWARD DAY**

**ANNUAL GALA 7PM @ KBY**  
*(SEMI-FORMAL ATTIRE)*

20-Aug



**FAREWELL DAY**

Funstation  
**CAMP FAREWELL ACTIVITIES**

\*\*\*CALENDAR IS SUBJECT TO CHANGE