

Nebraska Select Basketball Inc.

"Basketball Fundamentals and Development for the Game of Life"

Nebraska Select Team Camp / Leadership Training



Date: **Wednesday, July 5, 2017**

- 2:30 - 3:00 Select Coaches Meeting (**All Select Coaches**)
- 3:00 - 4:00** **Player check** in at [Walz Human Performance Complex Arena, Concordia University](#), 525 E. Hillcrest Drive
- 4:00 - 4:15** **WELCOME - DOYLE DILLOW - Program Director**
- 4:15 - 5:00 **Individual Team Practice #1**
(man offense, specials, Out of Bounds plays, man defense)
- 5:00 - 5:30 Controlled Scrimmages
- 5:45 - 6:45 **Skills Combine Workout** - (Led by Select Coaches, directed by Coach Danielson)
- 6:45 - 7:45** **Individual Team Practice #2**
Controlled Scrimmage
- 7:45 - 8:45** **Supper provided (JANZOW DINNER HALL)**
- 8:45 - 9:45** **Leadership Training Session**
- 9:45 - 10:15 Individual Team Meetings w/ your coach
- 10:15 - 11:00 Dorm time (please bring your own snacks / drinks for this time of day)
- 11:00 Lights Out

All team members will spend the night in the dorm at Concordia University. (Esther Hall)

Items Needed: towel, soap, sleeping gear, an extra pair of clothing, sleeping bag, etc.

Date: **Thursday, July 6, 2017**

- 7:30 a.m.** **Wake-up calls will be made**
- 8:00 - 9:00 **CONTINENTAL Breakfast provided (in the cafeteria)**
- 9:15 - 9:45** **Meet with Doyle, Final Discussions about the summer**
- 9:45 - 10:45 **Individual Team Practice #3**
- (Presses and review)
- 10:45 - 11:40 Controlled Scrimmages
- 11:45 - 12:30** **Lunch provided at JANZOW Dinner Hall (sandwich meat, chips, cookies, drink)**
- 12:45 - 1:15** **Coach Limbeck, Concordia University Head Coach**
- 1:00 - 2:15** **Final Team Practice #4** (Coaches choice)
- 2:15 - 3:00 Shower / Check-out / Depart
- 3:00 p.m. Dismiss for home

These activities are for all Nebraska Select Teams. Your attendance is a must!

Cost - \$50.00 per player

Contact Information if needed:

Doyle Dillow - (402-805-2924)

Roger Zaicek - (402-416-3913)