

Mission

Our mission and allegiance at JBWES is steadfast to helping others elevate life by cultivating the youth in our society with academic tutorial programs, enrichment and life skills programs, family workshops, community forums, field trips, sports and education for economic development.

Camp-at-a-Glance

Each session will include:

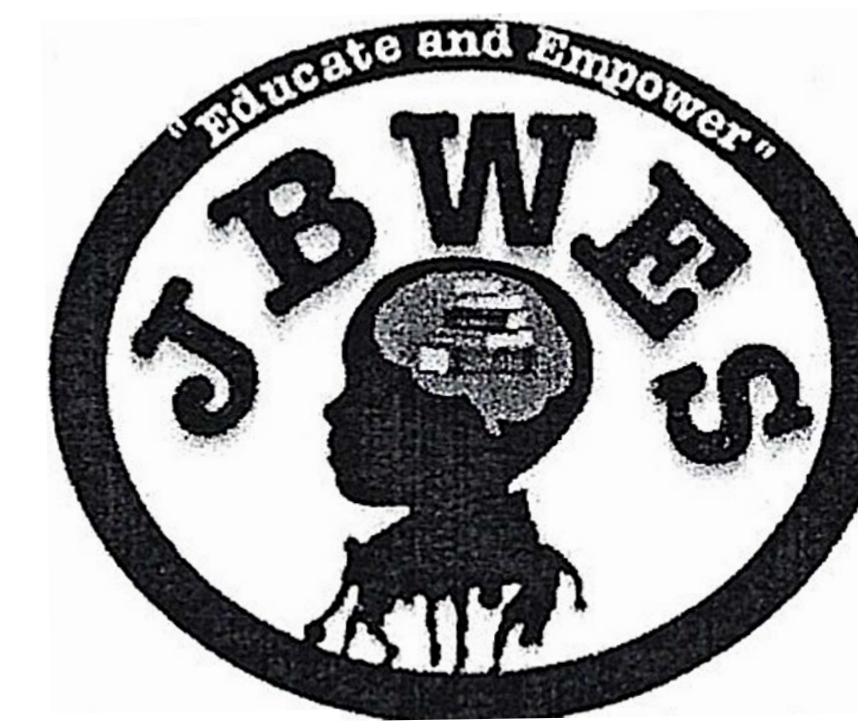
- Warm-up Exercise Period
- Basic Fundamentals of Basketball
- Correct Techniques on Shooting
- Dribbling/Passing/Rebounding
- Defense Stance
- Spot Shooting
- One on One
- Three on Three
- Five on Five
- Speed Dribbling
- Free Throw Shooting
- Instruction from Special Guests

What to Bring:

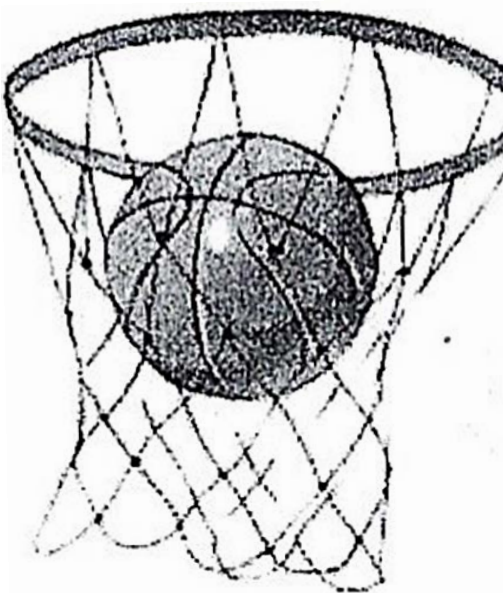
- Waiver Slip
- Copy of Insurance Card
- Big Squeeze Bottle
- Money for Concession Stand

Fitness & Health Session

The importance of health and wellness through exercising and the proper diet for a healthier lifestyle through the game of basketball



James B Washington Education And Sports, INC
a non-profit 501 (c)3



FUNDRAISER

Mighty Titans Basketball Camp

Free T-Shirt, Basketball and Ice Cream/Pizza Party!

June 5th-8th, 2023

Session 1 (10 & under) 8:00a - 12:00pm

Session 2 (ages 11-14) 1:00pm-5:00pm

Camp Location:

**Theophalis May Resource Center
1301 W Gregory St, Pensacola, FL
32501**

Donation: \$100.00

All proceeds benefit the JBW Education & Sports Summer Youth Enrichment & Life Skills Program

**Cash App (\$JBWES) i Checks & Money Orders
made payable to:**

James B. Washington Education & Sports, Inc.

**Mail forms and payment to:
2020 N Palafox Street, Pensacola, FL 32501**

For more information contact:
**James B. Washington
850-291-9264 or**

Email: info@jbweducationandsports.org

Registration

Return this form with payment of \$100.00 (cash,
money
order and checks made payable to James B. Washington
Education and Sports)

Name: _____

Age: _____ Height: _____ Weight: _____

Grade: _____

School: _____

Mailing Address:

Parent's Name(s):

Cell Number: _____

Work Number: _____

Does child play basketball? Yes No

If so, in what areas does the child feel they need
improvement? _____

Medical History

This portion must be filled out by a parent/guardian and the child's
physician before entry to camp:

Please check all that apply:

- Pre-existing injuries
- Medical conditions currently under treatment
- Allergy (medication, food, asthma)
- Mental disorders or convulsions
- Prescription glasses or contact lenses

Explanations: _____

DISCLAIMER: I hereby state the James "Benny" Washington, Sports/Mighty Titans Basketball Camp, Sponsors, Staff or Host Location is not responsible for any injury or illness of the above camper. Each camper has full responsibility for making sure all medical bills are paid in full. I also authorize the staff to act for me in any emergency that requires medical attention for my child. I hereby waive and release the basketball camp from and all liability, injury or illnesses incurred going to camp and home. I, as a parent/guardian, have actual knowledge and appreciation of the particulars of the program and hereby voluntarily consent to said minor's participation and assume the risk arising therefore.

Signature of Parent/Guardian

Date

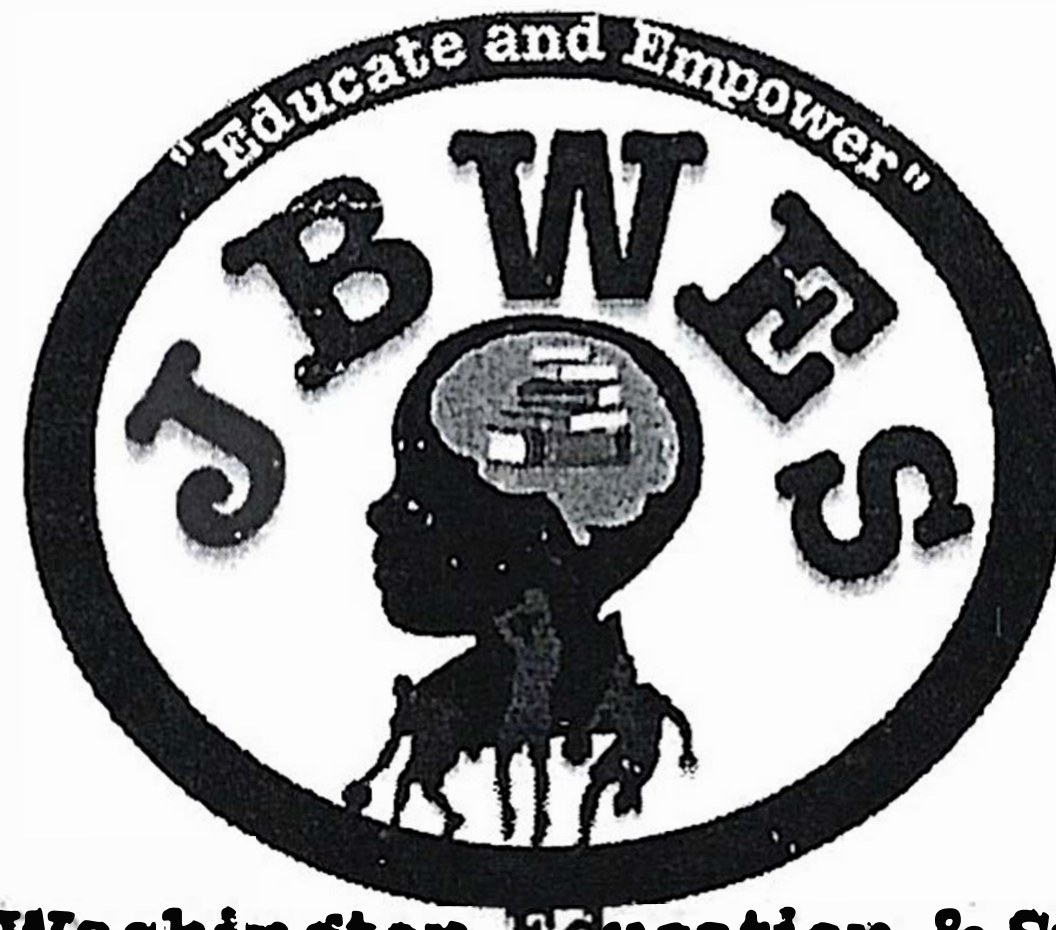
Physician's Statement:

I hereby certify that I have examined _____
and found him/her fit to attend and participate in the James "Benny"
Washington, Sports/Mighty Titans Basketball Camp, and I know of no
impairments which would limit his/her participation in all activities in
camp.

Insurance Information

Name of Company: _____

Insurance Policy No.: _____



James B. Washington Education & Sports, Inc.

Mighty Titans Basketball Camp

June 5th-8th

Agenda

I. Ball Handling Drills

1. Windmill
2. Figure 8 and Figure 8 Dribble
3. In and Out
4. Front and Back/Front and Back Dribble
5. Crab Walk/Crab Walk Dribble
6. Around the World
7. Michael Jordan
8. Rocking Chair

II. Stations

1. Lay-ups
2. Defensive Stance
3. Box-Out
4. Rebounding
5. Passing/Dribbling
6. Shooting

III. Individual Contests

1. Monday - Speed Dribbling
2. Tuesday - Guest Speakers
3. Wednesday - Spot Shooting
4. Thursday - One on One/Final Day - Pizza Party

IV. 3 on 3 games (NCAA)

V. 5 on 5 games (NBA)