

## 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:

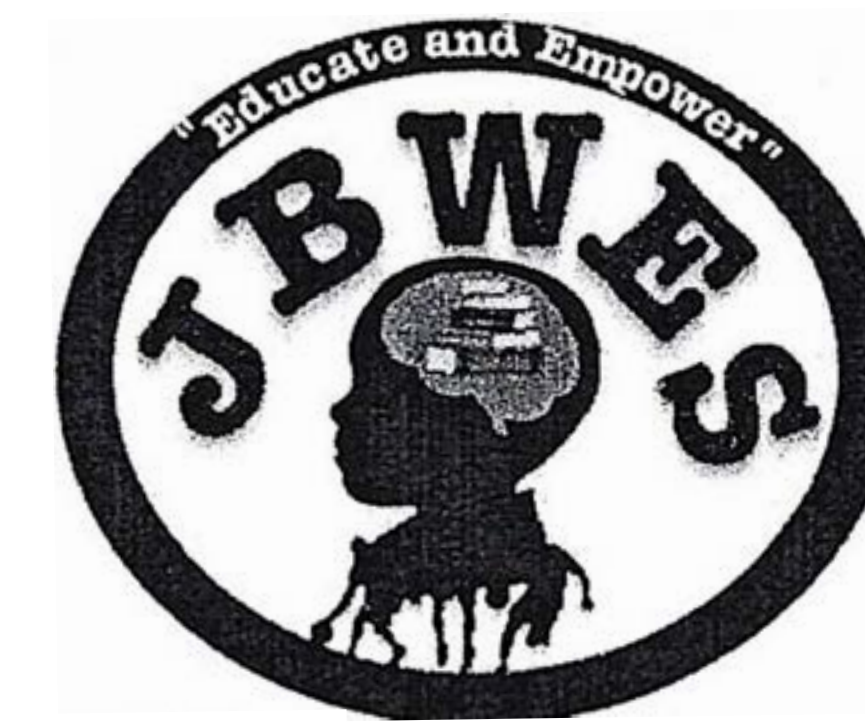
- Warm-up Exercise Period
- Basic Fundamentals of Basketball
- Correct Techniques on Shooting
- Dribbling/Passing/Rebounding
- Defense Stance
- Spot Shooting
- One on One
- Three on Three
- Five on Five
- Speed Dribbling
- Free Throw Shooting
- Instruction from Special Guests

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 2nd-5th, 2025**

**Session 1 (ages 7-12) 8:00a - 12:00pm**

**Session 2 (ages 13-18) 1:00pm-5:00pm**

*Camp Location:*

**WARRINGTON PREP ACADEMY**

**Address: 450 S Old Corry Field Rd,  
Pensacola, FL 32507**

**Donation: \$150.00**

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

***Cash App ( \$JBWES) , 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](mailto:info@jbweducationandsports.org)**

## Registration

Return this form with payment of \$150.00 (cash, cash app, venmo, 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 2nd-5th**

### **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)**