



Brooklyn Basketball Academy Summer 2025 Schedule

- **Camp Schedule for 3/4/5 Graders (35 Students):**
 - 9:00 AM - Arrival
 - 9:05 AM - 9:15 AM - Dynamic Warm-up (Ground Floor)
 - 9:15 AM - 10:15 AM - Athletic Training for Youth (Ground Floor)
 - Functional Strength Mobility
 - SARQ Performance (Speed, Agility, Reaction, Quickness)
 - Basketball movement-specific exercises
 - Strengths & Conditioning
 - 10:15 AM - 10:45 AM - Form Shooting/Shooting Mechanics (Ground Floor)
 - 11:00 AM - 11:25 AM - Motivational Performance Workshop
 - 11:30 AM - 12:00 PM - Lunch Break (Basketball Court)
 - 12:00 PM - 12:30 PM - Basketball Education/History of Basketball (Basketball Court)
 - 12:35 PM - 1:35 PM - Basketball Skills & Drills (Basketball Court)
 - 1:35 PM - 2:35 PM - Competitive Drills/Games (Basketball Court)
 - 2:35 PM - 3:00 PM - Stretching & Flexibility (Basketball Court)
 - 3:00 PM - 3:30 PM - Dismissal (Basketball Court)

- **Camp Schedule for 6/7/8/9 Graders (35 Students Max)**
 - Reverse schedule starting on the basketball court and then rotating to the ground floor)
 - 9:00 AM - Arrival
 - 9:05 AM - 9:15 AM - Dynamic Warm-Up (Basketball Court)
 - 9:15 AM - 10:15 AM - Skills & Drills (Basketball Court)
 - 10:15 AM - 10:25 AM - 20 minutes non-stop shooting (Basketball Court)
 - 10:25 AM - 11:25 AM - Competitive Drills/Games
 - 11:30 AM - 12:00 PM - Lunch Break (Basketball Court)
 - 12:00 PM - 12:30 PM - Basketball Education/History of Basketball (Basketball Court)
 - 12:35 PM - 1:35 PM - Athletic Conditioning (Ground Floor)
 - Functional Strength Mobility
 - SARQ Performance (Speed, Agility, Reaction, Quickness)
 - Basketball movement-specific exercises
 - Strengths & Conditioning
 - 1:40 PM - 2:00 PM - Stretching & Flexibility (Ground Floor)
 - 2:00 PM - 3:00 PM - Motivational Performance Workshop (Ground Floor)
 - 3:00 PM - 3:30 PM - Dismissal (Basketball Court)