

# SHOOT THE LIGHTS OUT BASKETBALL ACADEMY

I have had Coach Bill Hopkins host his Shoot the Lights Out Basketball Camp at Avoca Central School for the past six years. There is no doubt in my mind that the players are getting taught the proper shooting techniques by one of the best shooting coaches in Western NY and are getting a ton of basketball knowledge in the process. Coach Hopkins and his staff have had a huge impact on the players they teach. By the end of the week, you can see how much of a difference they make. The improvement is there to see with the players on the court!

**Bill Collmer**, Long-time Avoca Central School Basketball Advocate

"I'm happy to recommend Coach Hopkins shooting video, and if you're lucky enough his personal instructions. He breaks things down to the basics and ensures accuracy through repetition. This is great stuff for any level player. We have found it very helpful with our Girls Basketball program, instilling in them fundamentals of shooting that are repeatable and predictable."

**Dr. Sonny Spera** former Head Girls' Coach, Maine Endwell HS and former player at Syracuse University.

"The **Shoot the Lights Out Program** is a great opportunity for athletes to become great shooters. Through a variety of techniques and teaching philosophies, Coach Hopkins effectively shows each individual basketball player how to become a better shooter. Coach Hopkins came to our district and ran a clinic on the basic fundamentals of shooting, and also on more advanced skills and drills. The information at the clinic was very helpful, and our athletes became more knowledgeable about shooting. Coach Hopkins stresses repetition and his motivational approach gets the athletes excited about being better shooters. His clinic can only help reinforce and teach athletes how to be the best shooter that they can possibly be. His helpful hints and pointers through individual instruction have made my players better shooters, which in turn has made us a better offensive team. Truly a worthwhile and helpful clinic for all ages!"

**Andy Scott**, Head Girls' Coach, Horseheads HS

"The Shoot the Lights Out Camp is a great opportunity for your team to improve those critical offensive skills needed to put your program on a path to success. The individualized attention to detail is unmatched at any camp in the area and has greatly benefitted our players' offensive skills. The instruction given is crucial and beneficial to players of all ages and abilities.

**Greg Gavich**, Head Girls' Coach, Odessa Montour HS

"Bill Hopkins' **Shoot the Lights Out Academy** was one of the most valuable camp experiences of my career. Bill's ability to break down the shot, with all of its nuances, is second to none. His detail-oriented style and infectious enthusiasm make this camp an absolute must for any young player who hopes to become a proficient shooter."

**Chris Evans**, Head Boys' Coach, Owego Free Academy  
former Assistant Coach - College of Charleston (Div. I/1996-1999)

"I just wanted to let you know that many of our kids at UEHS that went through the **Shoot Lights Out Clinic** feel that they learned more about the art-science-skill of shooting and that will translate into more confident players for us. I thought the clinic was one of the best that I have seen on shooting. It was well-planned in all phases."

**Kevin McManus**, former Head Boys' Coach, Union-Endicott HS

Shoot the Lights Out Basketball Academy  
Bill Hopkins, Director  
4094 Shorewood Dr.  
Hammondsport, NY  
14840



# SHOOT THE LIGHTS OUT BASKETBALL CAMP

**"EARN YOUR TIME ON THE COURT  
WITH PRODUCTIVITY!"**

**FOR BOYS & GIRLS ENTERING GRADES 5 – 12**

**CHECK OUT OUR INSTRUCTIONAL DVDs**

## **Avoca High School**

**July 27 – July 31**

**Monday thru Friday**

**Hosted by Bill Collmer**

**Long-Time Avoca Basketball Advocate**

**Directed by Max Young, Notre Dame Varsity Girls' Coach**

**9am to 1:00pm**



**Bill Hopkins, Director  
Shoot the Lights Out  
Basketball Academy**

**Contact us at our e-mail address:**

**[Shootthelightsout@live.com](mailto:Shootthelightsout@live.com)**

**Or call (607) 738-5307**

**Address: 4094 Shorewood Dr.  
Hammondsport, NY 14840**

**Visit our web site: [www.shootlightsout.com](http://www.shootlightsout.com)**

# SHOOT THE LIGHTS OUT BASKETBALL CAMP

## DAILY SCHEDULE

9:00 – 9:05	Attendance
9:05 – 9:15	Form Shooting
9:15 – 9:20	Shooting Lecture
9:20 – 10:30	Shooting Fundamentals Grade Group Practice
10:30 – 10:45	<b>BREAK – free lunch in the cafeteria.</b> You can bring your own lunch. Snacks & drinks sold. (Your money can be stored at our camp bank.)
10:45 – 11:00	Grade Group Free Throw Shooting & Contests
11:00 – 12:00	Grade Group Instruction
12:00 – 12:30	Individual Offensive Skills
12:30 – 1:00	Games

## COST

One Camper: If postmarked up to 2 weeks prior to the 1<sup>st</sup> day of camp: \$90

One Camper: If postmarked up to 1 week prior to the 1<sup>st</sup> day of camp: \$100

One Camper: If postmarked after 1 week prior to and on the 1<sup>st</sup> day of camp: \$130.00

Two siblings: If postmarked 2 weeks prior to the 1<sup>st</sup> day of camp \$160 total.

Two siblings: After 2 weeks prior to the 1<sup>st</sup> day of camp and on the 1<sup>st</sup> day of camp \$190 total

Three siblings: \$240 total at any time  
(NOTE: All registration fees include camp insurance costs!)

**Walk-ins on the first day of camp are welcome!**

**There will be NO REFUNDS.** If a player registers and cannot attend the camp, the fee will be applied to next year's camp



[www.shootlightsout.com](http://www.shootlightsout.com)

## PURPOSE

Our camp is open to both boys and girls in grades 5-12. We firmly believe that our camp is the essential catalyst for an effective in-season or off-season improvement program. Every player wants to score, but only through proper technique and repetitions will the player achieve consistency as well as their personal scoring goals. We will teach players the proper fundamentals of shooting. These include: upper body alignment, shooting footwork, hand position on the ball, follow-through, proper arc, use of one's legs to elevate, correct ball rotation, catch & shoot, shooting off a dribble and foul shooting.

***FACT from a Coach to a Player: If you aren't a reliable shooter or scorer, you cannot and will not play the minutes you desire.***

Throughout the camp's entire length, each camper will shoot approximately 3,000 shots during our drill work and shooting drills; well over 4,000 shots in all. Five Days of supervised shooting establishes a measure of confidence.

**Following our camp, it is each player's choice to take the information taught at camp, implement that information and practice their shooting on their own to improve OR ignore it. Changing one's shooting technique is a process and will take time. But as we tell our campers – shooting success is guaranteed IF you are willing to put the time in to make the necessary adjustments/changes to your technique and practice, practice, practice!**

***Local team's rosters are filled with SHOOT THE LIGHTS OUT graduates who are experiencing shooting and scoring success. Join in the fun!***

**SHOOT THE LIGHTS OUT!**

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Grade as of Sept. 2020: \_\_\_\_\_

School: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Adult shirt size (circle one): S M L XL  
Youth Sizes are available (circle one) YL YM

**AVOCA HIGH SCHOOL**  
**JULY 27 – JULY 31 (M-F)**  
**9AM TO 1PM**

I hereby authorize the staff of the SHOOT THE LIGHTS OUT BASKETBALL CAMP to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive and release the camp from any and all liabilities for injuries incurred while at camp.

**Parent or Guardian please sign below:**

**NAME** \_\_\_\_\_

A deposit of \$50 or full payment must accompany this form. The balance is due the first day of camp. Please make checks payable to the "Shoot the Lights Out Basketball Academy" or "STLOBA."

**Return w/ check to Bill Hopkins, 4094 Shorewood Dr., Hammondsport, NY 14840.**

If you would like confirmation of your payment, please supply your email address here: \_\_\_\_\_

YES, I would like to order, in advance, a copy of the Shoot the Lights Out Shooting Instructional DVD's. (DVD I – Upper Body Alignment & DVD II – shooting footwork) Copies of our DVD have been sold internationally as well as across the US. It is recommended by nationally renowned coaches such as Jeff Van Gundy (ESPN), John Beilein (Cleveland Cavaliers) and Jay Wright (Villanova). If you register 2 weeks prior to the start of camp, the cost is just \$15 each. After that date, the cost of the DVD will be \$25 each. A copy of the DVD will be reserved for you once you check the box above and will be given to you at camp or mailed to you upon request. All prices include shipping and tax.

Check Box: DVD I  DVD II  BOTH