

# MOUNTAIN LAKES BASKETBALL CAMPS

2026 Mountain Lakes High School June 29<sup>th</sup> – July 2<sup>nd</sup>, July 6<sup>th</sup> – 9<sup>th</sup>, July 13<sup>th</sup> – 16<sup>th</sup>

Jeff Reid, Head Coach Mountain Lakes Boys Basketball

[jreid@mlschools.org](mailto:jreid@mlschools.org)

**\*\*\*New in 2026, 3<sup>rd</sup> Grade Boys Added\*\*\***

- **BOYS CAMP (June 29<sup>th</sup>- July 2<sup>nd</sup> Boys 3<sup>rd</sup> – 8<sup>th</sup> /July 6<sup>th</sup> – 9<sup>th</sup> Boys 3<sup>rd</sup> – 8<sup>th</sup>):** The camp will instruct the players on the proper fundamentals for offensive and defensive play. Drills will be utilized to teach and reinforce ball handling, passing, and shooting skills. Individual and team defensive techniques will also be emphasized through drills, demonstrations, and game situations. Games will be played daily with campers placed on teams according to age, size, and ability.
- **BOYS CAMP (July 13<sup>th</sup> – 16<sup>th</sup> \*\*\*Boys - 6<sup>th</sup>- Incoming 9<sup>th</sup>\*\*\*):** **Offensive Skills and Shooting Camp.** Boys 6<sup>th</sup> thru incoming 9<sup>th</sup> grade will learn higher level offensive skills like handling man pressure defense, using a screen, pick and roll, reading the defense & offensive options, how to get yourself open, 2 & 3 man games, and other offensive skills needed at the high school level. Players will spend time learning proper shooting technique including hand placement, proper rotation, elbow position, release point, and follow thru (the gooseneck!). All drills taught by counselors can be utilized at home for practice and improvement. Games will be played daily with players placed on teams according to grades and ability.
- **STAFF:**  
Jeff Reid – Head Boys Basketball Coach Mountain Lakes HS  
Paul Bongiorno – Athletic Trainer  
MLHS Varsity Boys Basketball Players

**Registration Link:**

<https://go.teamsnap.com/forms/518846>