

PRESS



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Bloomingtondale Bulls Will Hold Basketball Summer Camp



The Bloomingtondale Bulls boys' basketball team will hold a Bulls Basketball Camp for three weeks during the month of June.

This summer the Bloomingtondale High School boys' basketball team is giving area kids the opportunity to practice their fundamentals and enhance their basketball skills.

The Bulls Basketball Camp is open to both boys and girls going into grades four through nine and the camp will run over a period of three one-week sessions throughout the month of June. Session one will run from June 11-14, Session two from June 18-21 and Session three from June 25-28. The cost of each session is \$75 and includes a Nike camp t-shirt.

Kids going into grades four to six will attend camp from 9 a.m.-12 Noon and kids entering grades seven to nine will attend camp from 1-4 p.m.

"Boys and girls of all skill levels

By Alissa Bridges

are invited to attend Bulls Basketball Camp," said head coach Joseph Willis. "The focus of the camp will be on basketball fundamentals, skills, teamwork, sportsmanship and fun. We tailor the instructions to each individual camper."

Kids who attend the camp will have the chance to practice shooting, run through drills, play in games and participate in contests. They will also have the chance to be

taught and coached by members of the Bloomingtondale Bulls varsity basketball team. At the end of each week, campers will receive their t-shirt and awards for their participation.

For more information on the camp, contact Coach Willis at joseph.willis@sdhc.k12.fl.us or call 298-3448.

Bloomingtondale High School is located at 1700 Bloomingtondale Ave. in Valrico. For more information on Bloomingtondale High School, visit bloomingtondale.mysdhc.org or call 744-8018.



River Hills Swim Team Teaches Championship Behavior

By Alissa Bridges



The Tampa Bay Aquatics Tbay Brandon teaches their swimmers the importance of championship behavior, which has led to the programs success.

River Hills Country Club is home to two swim programs: Tampa Bay Aquatics Tbay Brandon, a year-round program and a summer league swim team, which will get started on June 2.

Head coach Dave Gesacion believes that the environment at the River Hills swim programs is what sets them apart from the rest. "It's not about just swimming fast. We create an environment that fosters excellence every day and we accommodate our programs based on what the swimmers goals are," he said. "We want the kids to learn to work together and enhance their life skills."

The coaching philosophy behind the Tbay Brandon program is what Gesacion calls 'championship behavior.' "Championship behavior embodies

solid character, respect for others and integrity of self, on and off the pool deck; at home, school and in the community," he said.

Gesacion also believes in a 'triangle of success,' where the athlete, coach and parents are all on the same page and each plays their own role in helping the athlete achieve success.

Tbay Brandon's training is well-rounded and structured to focus on all the aspects of competitive swimming, such as: proper technique, speed, endurance, strength, planning and preparation, execution and sportsmanship. "We look at each of our swimmers

and evaluate them based on these aspects, like did the swimmer become a better teammate, do they understand the larger team goals? There's a lot of things we try and look at other than just if the swimmer got faster," said

Gesacion.

It is the championship behavior that has brought the Tbay Brandon team a lot of success, including the fact that 100 percent of the teams high school seniors have gone on to swim in college. In 2011 every Tbay Brandon high school swimmer went to Regionals, seven went on to compete at the State Championship and three earned Scholastic All-American honors. River Hills Country Club is located at 3943 New River Hills Pkwy. For more information on swim lessons or Tampa Bay Aquatics, visit www.tbaybrandon.org.





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