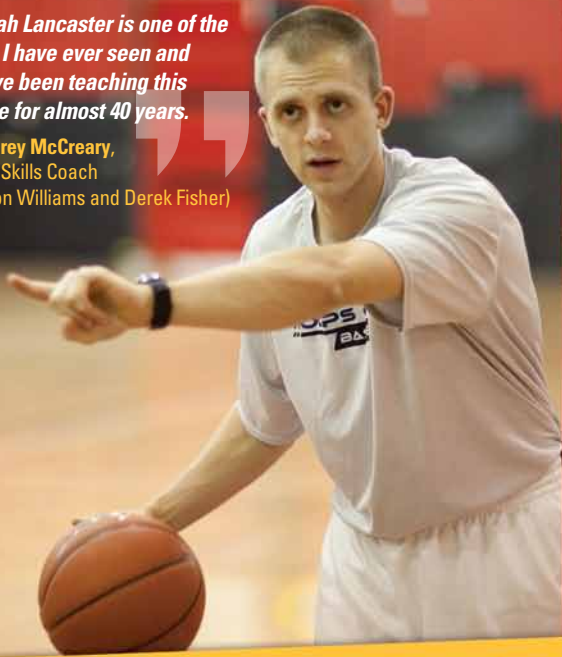


Micah Lancaster is one of the best I have ever seen and I have been teaching this game for almost 40 years.

—Aubrey McCreary,  
NBA Skills Coach  
(Deron Williams and Derek Fisher)



Daily Film Session



## About Micah Lancaster

Micah Lancaster is a Nike sponsored, internationally known skill coach and is regarded as the nation's top young skill development trainer. A former college All-American and International Basketball League All-Star player, Lancaster travels the globe as a skill development trainer and camp clinician and has worked with players from all levels – grassroots, high school, collegiate, and professional – including NBA Superstar Kobe Bryant at Kobe's Skill Academy in London, England.

Known around the world for his skills, drills, and original training methods, Micah Lancaster is also the Executive Director of Basketball Training at Hoops City U, an Elite Training Academy in Raleigh-Durham, North Carolina where he holds private training with athletes around the world, most recently training players from India and the UK.

## Micah's Story

Standing only 4'11 as a freshman, Micah couldn't escape his limitations. Instead, he decided to push towards them. No matter what everyone else said, Micah was determined to succeed and make it to the college level. He dedicated himself to learn how to train for the game of basketball. Creating and inventing new drills and training methods became his hobby. Eight hours of repetition per day became his passion.

Micah realized his passion was in teaching and decided to focus on personal basketball training. Micah returned to the gym with a new focus and began to center his efforts on taking his drills, methods, and techniques to the next level and he has been at it ever since.

## The I'm Possible Camp Formula

**70%** of the camp activity is drill work to improve triple threat, dribble triple threat, creating space with the dribble and out of the triple threat, NBA dribble moves, shot mechanics, intense shooting, moving without the ball, finishing, footwork to finish, motion, reading the defense, and decision making.

**15%** of the camp activity is film study session to illustrate individual skills. Clips from the best players in basketball are broken down and studied so that the players can visually learn as well.

**15%** of the camp activity is game play. This is where the attendees can practice what they have learned in a game atmosphere. Games are 2 on 2, 3 on 3, 4 on 4 & 5 on 5.



# Micah Lancaster's I'm Possible ELITE TRAINING BASKETBALL CAMP

2011  
JUNE 27-30  
AUGUST 1-4

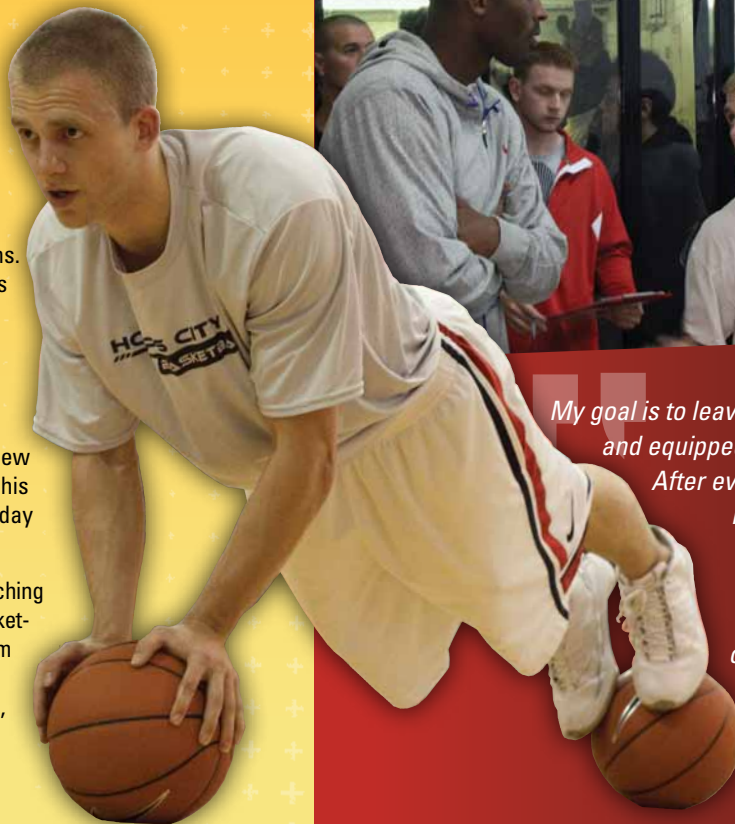
MONROE 33  
BASKETBALL  
SPORTS CENTER



Micah discusses technique with Kobe Bryant.

*My goal is to leave each player inspired and equipped to train on their own. After every event, each player is ready to train for the next couple months. Then, we meet again and the process continues. Future stars are being born!*

—Micah Lancaster



## Advanced Instruction

When a player comes to a Micah Lancaster camp, they will experience much of the same advanced teaching and instruction as are offered at Nike Skill Academies and NBA pre-draft workouts, but broken down in a progressive form that every player can handle no matter their age or skill level. They will also participate in a daily film session to watch the teaching points and moves they have learned. The film



sessions summarize the true purpose of the camp – to teach players how to train on their own!

Camp Director and head camp trainer, Micah Lancaster takes a hands-on approach with all of the players and is present at all times during camp. Micah's staff includes I'm Possible Trainers, local basketball instructors, and current and former collegiate stars. The ratio of coaches to players will never exceed 10 players to 1 coach, but even that matters very little. Micah Lancaster's innovative teaching techniques are designed to make every player feel like they are alone with him in the gym.



For boys and girls, grades 3-12

## Micah Lancaster's I'm Possible Elite Skills Training Camp

Date	Days/Time	Tuition
June 27-30	Monday – Thursday / 9am – 3pm	\$300
August 1-4	Monday – Thursday / 9am – 3pm	\$300

*Includes several hours with Professional Strength and Conditioning Coach, Carl Poe. Carl's training experience includes working with Jr. Elite, Olympic, and World Class athletes, including the 1992 "Dream Team" at the US Olympic Training Center.*

## Micah Lancaster's One-Day Shooting Camp

Most players don't need to change their shot. They just need to tweak a few small details. Micah Lancaster's One-Day Shooting Clinic simplifies a player's shot so that each player will learn to stop thinking, and just shoot! Through Lancaster's innovative, yet simple concepts and teaching points, this shooting clinic is guaranteed to bring each player tremendous long-term results!

Date	Days/Time	Tuition
June 26	Sunday / 9am – 12pm or 1pm – 4pm (\$75 if booked with I'm Possible Camp)	\$100

## The Micah Lancaster's Skill Development Jump Program

With Olympic Trainer Carl Poe

Micah Lancaster's skill development jump program starts at the foundation – a player's feet. Every player can learn to maximize their jumping potential simply from focusing on their footwork. His skill development program not only can help players improve their basketball fundamentals but will take their skills to the next level. Once a player's footwork is where it should be, the right strength and conditioning program will take their vertical to the max. That's why a fifth of this program will feature Olympic Trainer Carl Poe.

It is this combination of skill development, footwork, and strength and conditioning that truly leads to a better more explosive athlete and leaper!

Date	Days/Time	Tuition
June 27-30	Monday – Thursday / 4pm – 5:30pm	\$175
August 1-4	Monday – Thursday / 4pm – 5:30pm	\$175 (or \$325 or both weeks)

## TO REGISTER

and for more information, go to:

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

[www.micahlancaster@optonline.net](mailto:www.micahlancaster@optonline.net)

or call: **732-904-0950**

(LIMITED ENROLLMENT)



Camp Sold Out 2010

# Micah Lancaster's I'm Possible

## ELITE TRAINING BASKETBALL CAMP

Located at:  
Monroe Sports Center  
4 Farrington Blvd.  
Monroe, NJ 08831

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



MONROE 33  
BASKETBALL  
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New Jersey's Top Centrally Located  
Indoor State-of-the-Art Basketball Facility