

About Coach Monahan

Coach Tim Monahan completed his 8th year as head varsity coach at McNicholas High School this past season. He is currently the 3rd all-time winningest coach at McNicholas. He has been in the high school coaching ranks for the last 21 years.



Coach Monahan founded the XCEL basketball program in 2011. His program offers youth tri-state competitive teams from March through November, as well as training weekly and monthly. To learn more, contact tim@xcelbasketballprogram.com.

2016 Camp Staff



Testimonials

"Our three boys, ages 8, 10, and 11 all attended Xcel Basketball Training session. In today's competitive sports arena, Tim and his staff at the Xcel Basketball Training offer what young players need to compete, learn, and improve their individual and team game. Tim and the rest of the team offered a great knowledge of the game and helped to improve our boys' confidence as well as sportsmanship. The Xcel program, offered more than just the run of the mill skills and drills camp, our boys came out with a better understanding of the game, the discipline and effort it takes to improve. As a parent, when you look out your window and see your children working on drills they learned at a training session they went to months ago, you realize this made an impact in all areas of their life."

David & Michelle -Batavia, OH

"I am so excited that Tim has decided to offer a girls camp this summer. In recent years have seen firsthand how much fun the boys have had playing each other and working to beat personal scores from the previous days. The kids work hard and see noticeable improvement in a week's time. My daughter is going to benefit so much from this camp."

Barbara -Cincinnati, OH



2017 Summer Camps

Girls: June 26th - June 28th

Boys: July 18th - July 21st

Location: McNicholas HS



Register Online Today!

www.cincyball.com

Questions?

Contact Coach Tim Monahan at
tim@xcelbasketballprogram.com

www.cincyball.com



Camp Highlights

- **Ball control**
- **Footwork**
- **Shooting form**
- **Moves off the dribble**
- **Daily Games & Contest**

All drills are designed to incorporate important facets of ball handling and shooting—all to help each player “Xcel” in his or her basketball skills.

Campers utilize these newly honed skills as they compete during daily competitions and team games throughout the week.

Camp Divisions

Campers will be broken up by division during team games, daily contests, and XCEL drills & skills segment, based on grade. Our average player-to-coach ratio is 10:1.

XCEL Boys Camp

(grades 2-9)

July 18-21, 9 a.m.— 1 p.m.

Cost: \$105 (Sibling discount available (first child \$105, additional siblings \$95 each))

Gym: Main & Auxiliary gyms

Agenda

9 a.m. Daily Overview
 9:05 XCEL Drills & Skills
 9:40 Team Games
 10:15 Competition/daily contests
 11:30 Lunch Session I or “Workout of the Day.”
 Noon Lunch Session II or “Workout of the Day.”
 12:30 Team games

Lunch is \$3 each day, and includes: pizza, chips and a drink. **Money needs to be turned in EACH MORNING if you want to buy lunch.**

You may also choose to pack a cold lunch. Remember to include a cold pack so your child’s food and drink are cool and fresh.

There is an awards ceremony Thursday, July 21 at approximately 12:45. Parents are welcome.

XCEL Girls Camp

(grades 4-8)

June 26-28, 9 a.m.— noon

Cost: \$80

Gym:

Agenda

9 a.m. Daily Overview
 9:05 XCEL Drills & Skills
 9:40 Team Games
 10:15 Competition/daily contests
 11:30 Team games

There is an awards ceremony Wednesday, June 28 at approximately 11:45. Parents are welcome.

