

Sports

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Allan Ross Fundamental camp draws record turnout

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The Allan Ross Fundamental basketball camp attracted 63 kids last month at Union County High School, the most of any camp conducted by Michael Ross' Elite Level Training basketball camps.

The camp, which was for boys and girls from rising 3rd-8th graders, attracted basketball players from Union, Towns, Fannin, and White Counties, along with Hayesville, NC and Murphy, NC, as well as the Atlanta area. Campers were also in attendance from local Christian schools in Towns County and Hayesville, NC.

The camp brought in former high school and college teammates of Michael Ross, a 2008 UCHS graduate, along with current Union County High School basketball players to serve as coaches.

"The kids that helped out from the high school team did really well this year," Michael Ross said. "It gave them a chance to take on a leadership role while giving back to the community, and that is a very important part of this camp, the opportunity for them to give back."

According to Michael Ross, the camp is based on his father's camp, the late Allan Ross, who coached boys basketball at Union County High School until his sudden passing in 1997.

Its based on hard work and having fun," Michael Ross said. "We don't play a lot of games but the games that we do play are very structured. We did a few games, a ton of fundamentals, we do speed and agility and work on some functional movement, and we did our Speaker Series again this year and had the players speak one day, along with me and the other coaches, and just try to impart a little wisdom on them. We let them know the importance of effort and working hard, being good teammates, having fun, and enjoying the process."

Being the third year that Michael Ross has rebooted his dad's camp, he is still making changes from year-to-year, and added a few drills and stations from last year's camp.

We've added some new things," Michael Ross said. "We had the high school players demonstrate the different defenses that they focus on throughout the year and we're implementing some of the stuff that they're doing offensively, and just showing the kids how to develop through those, and what they can work



Michael Ross (center) with the help of former and current Panthers players, coaches from around the area, and the Elite Level Training staff conduct the 2016 Allan Ross Fundamentals Camp at Union County High School for 63 youth basketball players.

on. Obviously, being younger, they're at a different skill level than our seniors in high school so we show them the building blocks then tell them that we want them to take everything home and work on it so the next time we see them, we will see progress."

With such a large age difference between the kids at the camp, from 8-year olds to 8th graders, Michael Ross explained how the camp handles the difference in age, along with the differences in skill level amongst the campers.

"What makes (this camp)

so much fun is, we don't have just the elite," he explained. "We have the kids that love basketball, that want to be really good and may not be the best players right now, but they are the kids that you'll see in the future that continue to work, and continue to develop because they love the game. Those are kids you'll see in high school that will help their teams win and become successful."

"We split (the campers) up by ages. The younger ones, we break their fundamentals down and it's very structured what we want to do. We are very specific in letting them know what they need to focus on and what they need to improve on."

"What I love about it is, with the younger guys we're working on that foundation, we're working on those building blocks, and setting them up for as much success as they want to chase and work towards."

"With the older guys, especially the ones that have been with us for a couple of years, as well as the kids I work with individually, they know some of those foundational building blocks, so we up their skills and

it gets more intense and we focus on the specifics of what we're looking for and the intensity of how they go about it. The rising 8th graders have one more year, then it's time for high school ball, and our rising 5th and 6th graders have one more year before middle school ball, and that's when the competition and the competitive nature of basketball really starts to take off and you see kids begin to separate themselves."

Michael Ross is quick to point out that his camps aren't just about teaching basketball, but also life lessons. Basketball

plays a huge role in the camp, but it also gives kids the tools that they need to develop overall.

"I've always said that if the only thing we're learning is basketball, then we're not doing what we need to do," he said. "One of my favorite moments was when one of the younger kids that I do individual training with was working with a partner who was dribbling, but was struggling a little bit, and I see him clapping and cheering him on, and I couldn't have been more proud. To me, that's what it's all about. It's reassuring to know these kids are developing off the court as much as they are on the court."

"This (Allan Ross Fundamental) camp is special to me. It's an honor and I'm very blessed to be able to do it at (Union County) high school. We've been lucky to grow up in this community and whenever you have a chance to give back, especially to the kids who are following you, I think that's very impactful and it builds that bond that grows the program."

This is the only camp that Michael Ross conducts where he hands out trophies, but they are not given to the best player, but to the boy and girl that work the hardest and are the best teammate, regardless of age or skill set.

"I tell the coaches to look for kids who are encouraging, sprint to the drills, say 'yes sir' and 'no sir,' work continuously even if it's something they're struggling with, and just the kind of kid that any coach would want on their team."

For more details on Michael Ross' Elite Level Training, you may call 706-897-4581 or visit Elite Level Training's Facebook page.



2016 Union County varsity football schedule

August 5	H	White County (Scrimmage)	7:00
August 18	H	Rabun Gap (Scrimmage)	7:00
August 26	H	Gilmer County	7:30
September 2	H	Hayesville, NC	7:30
September 9	A	Andrews, NC	7:30
September 16	A	Banks County	7:30
September 23	A	Greater Atlanta Christian	7:30
September 30	H	East Hall	7:30
October 7	A	Dawson County	7:30
October 14	H	North Hall	7:30
October 21		OPEN	
October 28	A	Fannin County	7:30
November 4	H	Lumpkin County	7:30

MUSA Fall Registration

www.mountainsoccer.org
Registration forms are also available to print from the website. Forms can be mailed to P. O. Box 1862, Blairsville, GA 30514.

Deadline to register is July 17, 2016.

For additional information please check out our website at www.mountainsoccer.org or email us at musa.soccer@gmail.com.

Register online at



BRANNON JONES MEMORIAL FOOTBALL CAMP

FREE ADMISSION
DRINKS & SNACKS INCLUDED
AGILITY & POSITION SPECIFIC DRILLS

DONATIONS WILL BE ACCEPTED
PROCEEDS WILL GO TO RESEARCH FOR EDS

DATE: JULY 23RD
TIME: 12:00 - 4:30
WHERE: UNION COUNTY HIGH SCHOOL
153 PANTHER WAY BLAIRSVILLE, GA 30512

RSVP BY JULY 15TH
CONTACT: LUTHER JONES @ 706-897-7041

