



TBKID YOUTH SPORTS

BASKETBALL CAMP
JULY 18-20, 2022



ABOUT THE PROGRAM

Inspired by the book, *'The Big Kid and Basketball... and the Lessons He Taught His Father and Coach'* by Tom Dahlborg Sr. and brought to fruition by both Tom and Tommy Dahlborg Jr, **this program is designed to teach the game of basketball while also teaching young children life-changing skills that will help them to live healthier, happier lives.**

On the last day of camp, all children attending will receive a signed copy of *'The Big Kid and Basketball... and the Lessons He Taught His Father and Coach'* by Tom Dahlborg Sr. as well as a TBKID Youth Sports program t-shirt! And all parents will receive a binder with tools and resources to support their child on and off the court.

We are honored to be piloting this program through the Gorham Recreational Department.

We welcome any and all feedback about the program as our goal is to make this program a positive experience for all young children and their families - To leave feedback/comments please email TommyJr@DahlborgHLG.com.



KEY PROGRAM TAKEAWAYS

LEARN THE BASICS OF BASKETBALL, SUCH AS:

- ball distribution: bounce, chest, and overhead pass
- creating separation & proper shooting form
- basic ball handling (controlling the ball while dribbling with fingertips)
- performing a layup
- defensive positioning
- boxing out & rebounding
- & more

SOCIAL & EMOTIONAL TAKEAWAYS/SKILLS, SUCH AS:

- developing a healthy relationship with exercise
- how to be a supportive teammate
- how to handle difficult, uncomfortable emotions
- managing turbulence
- the power of breath and proper breathing techniques
- inclusion and belonging, including:
 - learning how to manage each other up (building each other up, rather than being silent or tearing each other down)
 - the power of the 7-second pause
 - learning how to identify our own strengths and pinpoint and communicate the strengths of others
- learning how to introduce self with confidence
- learning to focus on positives first (i.e., fan the flame of good)
- seeing improvement opportunities as positives
- role modeling
- the power of gratitude and how to share it
- effectively giving & receiving feedback for positive impact
- & more

ALL implemented through interactive, fun drills/exercises!



ABOUT THE COACHES



TOMMY DAHLBORG, JR.
Head Coach / Program Co-Founder

As suicide survivor & someone who has overcome debilitating depression & OCD, Tommy uses his life experiences and learnings as a youth sports coach & from his time as a mental health podcaster to design life-changing youth sports programs.

"You are not alone."



TYLER SMITH
Assistant Coach

Tyler grew up loving to play sports and he had the privilege of having his father as his coach. His father taught him many life lessons through the love of the game but the most important one, to have FUN! Tyler has the natural ability to teach and nurture those who need it most and looks forward to the opportunity to share his knowledge and love of basketball.

"Play with passion, live with purpose."



EMILY ESPOSITO
Assistant Coach

"Growing up I loved all sports but I especially loved basketball. I ended up playing Division 1 basketball at Villanova & Boston University and learned a great deal that serves me both on and off the court. Since then I have discovered my worth and voice again by starting my own non-profit (EM-POWERMENT) and sharing my story in hopes of helping others."

"Anything that's human is mentionable and anything that is mentionable can be more manageable. When we talk about our feelings they become less overwhelming, less upsetting, and less scary" – Mr. Rogers



DAN TARSETTI
Assistant Coach

Dan is a Thornton Academy Basketball State Champion Guard and former TA Junior Varsity (B) Head Coach. He is a Behavioral Health Professional with Spurwink & has worked at Portland & South Portland High School. His experience teaching young people at the corner of education and life skills in tandem with his basketball acumen make this camp a perfect match for his skill set.

"Tell me and I forget. Teach me and I remember. Involve me and I learn."



ABOUT THE STAFF



TOM DAHLBORG, SR.
Program Co-Founder & Director

Tom cares deeply about positioning individuals, teams, and communities to achieve their mission while living their values and cherishes the opportunity to engage in meaningful and impactful ways.

"Together we will amplify positive childhood experiences for all children."



DARLENE DAHLBORG
Day - Of Coordination

Darlene has an innate ability to create community wherever she goes and provides sage advice to leaders, teams and individuals who yearn learn and grow and make an impact on the lives of others.

"Anything can be overcome with love. It truly is all about love."



HAYLEE DAHLBORG
Time Keeper / Day - Of Coordination

Haylee is a recent graduate from the University of Southern Maine. She's able to combine her love for travel and teaching through her current employment in educational travel. She's always had a love for the game of basketball, and looks forward to connecting with future players in her home town.

"Wherever you are, be there."



SAM DAHLBORG
Media / Day - Of Coordination

Sam's passion has always been to help others feel seen, heard and loved. Her background in dance, pageantry and modeling has helped her understand the importance of building confidence, taking risks and believing your worth. She looks forward to encouraging the players and documenting this camp!

"You're the creative director of your life. Design your life."



PRINCE
Emotional Support Animal

Prince is a King Charles Cavalier Spaniel, recently rescued and adopted by Haylee, available to share patience and love and provide additional support to each of our players.



The **TBKID Youth Sports Basketball Camp** will take place in two hour increments over the span of 3 days.

Each day of the camp will have an overall theme. The themes are as follows:

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Following each day of camp, we encourage parents and guardians to discuss the child's experience with the day's program and will provide a key question to enhance the discussion. Our goal is to enhance open and safe communication and multi-directional learning for all.



DAY 1

BUILD

This day is about teaching (and showing) the players how to build themselves and others up; and to help them to see that areas of opportunity can (and should) be looked at positively.

Monday, July 18, 2022 3:30 - 6:00PM

- **3:30-4:00:** Check-In/Registration
- **4:00-4:05:** Introductions
- **4:05-4:10:** Warmup
- **4:10-5:15:** Run Drills
- **4:10-5:15:** Mini huddles: BUILD Theme (done between drill stations)
- **5:15-5:20:** Large Group Huddle – Power of Role Modeling
- **5:20-5:25:** Intermission (water & bathroom break)
- **5:25-5:45:** Scrimmages
- **5:45-5:50:** Large huddle, reflect on Day 1 of Camp!
- **5:50-5:55:** Breathing exercises
- **5:55-6:00:** Parent Pickup

Day 1 POST-GAME QUESTION (From Parent to Child)

- *Who could you reach out to tonight and let them know how much they mean to you?*



DAY 2

INCLUDE

This day is about teaching (and showing) the players the importance & power of inclusion. It is about belonging and how together we can ensure all belong.

Tuesday, July 19, 2022 4:00PM - 6:00PM

- 4:00-4:05: Intro
- 4:05-4:10: Warmup
- 4:10-5:10: Run drills
- 4:10-5:10: Mini huddles: INCLUDE Theme (done between drill stations)
- 5:10-5:15: Large Group Huddle – Inclusion/Exclusion Exercise
- 5:15-5:20: Intermission (water & bathroom break)
- 5:20-5:45: Scrimmages
- 5:45-5:50: Large huddle, reflect on Day 2 of Camp!
- 5:50-5:55: Breathing exercises
- 5:55-6:00: Parent Pickup

Day 2 POST-GAME QUESTION (From Parent to Child)

- *Can you tell me about a time you felt excluded or left out?
What can you do to help others not feel that way?*



DAY 3

REFLECT

This day is about teaching (and showing) the players how critical it is to reflect. In order to become our best selves, it's essential that we reflect not only to look back at how far we've come and the good within ourselves, but also to learn and to grow.

Wednesday, July 20, 2022 4:00PM - 6:00PM

- 4:00-4:05: Intro
- 4:05-4:10: Warmup
- 4:10-4:30: Skills Showcase!
- 4:30-5:10: Game Showcase!
- 4:30-5:10: Mini huddles: REFLECT theme (done during Game Showcase)
- 5:10-5:15: Intermission (water & bathroom break)
- 5:15-5:20: Large Group Huddle – Reflect on Camp Experience
- 5:20-6:00: Pizza Party/Wrap-Up (Parents included)

Day 3 POST-GAME QUESTIONS (From Parent to Child)

- *What is one thing you learned in the camp you will use in the future?*



ADDITIONAL NOTES



TBKID Youth Sports Camp is OPEN to parents & guardians as spectators as we believe parental involvement is essential to a safe program. TBKID Staff will be available to you to answer any questions you may have *as our coaches and staff guide your child using the TBKID Method. We encourage cheering for all players!*



Please be sure your child arrives with everything they need to play basketball! (ex. activewear, water bottle, sneakers, etc.) Your child will receive their FREE program t-shirt on the last day of camp.




Following each day of camp, we encourage parents and guardians to discuss the child's experience with the day's program and will provide a key question to enhance the discussion. Our goal is to enhance open and safe communication and multi-directional learning for all.



We graciously thank you for trusting us and for being a part of the **TBKID Youth Sports Program Pilot**. We sincerely hope you and your child enjoyed this experience. Please provide our team with any and all feedback - TommyJr@DahlborgHLG.com.



If you feel it in your heart to do so, please share the program or any behind the scenes pictures & videos online! #TBKIDYouthSports

 @TheBigKidBook

 @theDHLGroup

 @DHLGMatrix



CONTACT INFORMATION

GORHAM REC OFFICE - (207) 222-1630

TOMMY DAHLBORG, JR. - (207) 747-9663

/ TOMMYJR@DAHLBORGH LG.COM

LOCATION

Shaw Gym

Gorham Recreation Department

75 South St, Gorham, ME

04038



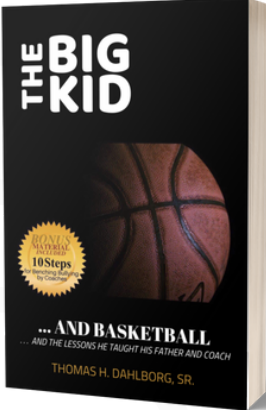
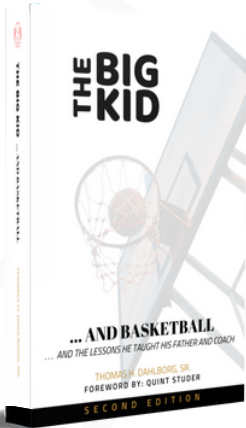
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DOC'S HEALINGS

