



# CROWELL'S INTENSITY CAMP



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ONLINE  
**www.nbccamps.com/cic**

**Great Gear:** t-shirts, full uniform and sweatshirt

**Nutrition Training:** Athletes must fuel their bodies correctly for optimal performance

**Evening programs:** consist of critical leadership, attitude, and character development

**Sport Specific Weight Training:** to increase strength and agility



**D1 CIC Alumni:** CIC has produced nearly a dozen Division 1 athletes and several other college level athletes

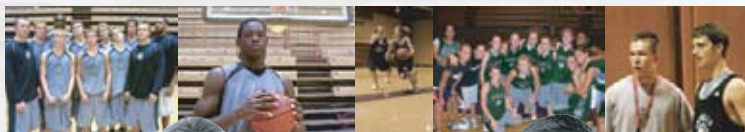
**Position Specific Training:** to better understand and master your position

**CIC Tournament:** Players will be put on a team to compete in a 2-day tournament at Astoria HS with outside high school teams

## CIC DATES & LOCATIONS

### TOUR AGENDA

Both tours will start in Portland at the Embassy Suites by the airport, transition to Linfield College and finish at Camp Rilea on the Oregon Coast (where there will be a tournament with outside teams).



### COACHES >>



FRED CROWELL



JAY CROWELL

Fred and Jay Crowell, a father-son coaching combo, are hosting their ninth Intensity Camp. Fred Crowell, founder and president of NBC Camps, with Jay, former D1 point guard at the University of Georgia, will personally invest in helping you get better. The camp offers what no other camp can: the opportunity to experience college-level coaching from a former Division 1 coach in an environment of college level intensity and in the context of dignity, respect, and love.

There will be complimentary shuttles from the Portland Airport to Embassy Suites at the start of the camp. For those needing return transportation to the airport, there will be one bus transfer to the Portland Airport from the Oregon Coast on the afternoon of August 9th. Cost is \$45 per person.

### BOYS

AUG 2-9 AGES 14-20 \$1185

### GIRLS

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