

W.T. Woodson Girls Basketball Camp

2010

June 28-July 2 \$175
9am – 3pm daily
Ages 8-14



Camp Highlights

Each Camper will receive:

- Camp T-Shirt
- Camp Ball
- Camper Evaluation Form

Awards will be given For

One – on – one Champ
3 on 3 Champs
Free Throw Shooting
Hot Shot Shooting
Best Defense
Team Champions

Typical Daily Schedule

9:00 am – Warm Up – Stretching, Mass
Instructional Drills
10:00 am – Individual Skills –
Station Work
11:00 am – League Games
12 noon – Lunch Time
12:30 pm – Basketball Lecture
1:00 pm – Group Motivation
1:30 pm – Team Practice
2:00 pm – League Games
3:00 pm – Camp Ends



Camp Instruction:

Campers will learn about the fundamentals of basketball including: Proper Shooting Form, Rebounding and Boxing Out, Defensive Stance and Positioning, Team Play, Moves to Get Open, Free Throw Shooting

Fun Activities!

In addition to basketball skill work, daily fun activities include “Wear Woodson Colors Day”, “Player of the Day Recognition” from each team, “Aspire Higher Idol Day”, and “Karaoke”.

Camp Fee:

Registration fee is \$175 for the 5 day camp session. A \$75 deposit is due when registering. The balance is due by the first day of camp. Deposits are not refundable for any reason because the camp sells out each summer and space is limited.

Lunch:

We will have pizza for sale as well as water and Gatorade etc. Campers may also choose to bring their own lunches. They should also bring their own water bottle.

Registration:

Registration begins at 8:30 am the first day of Camp at Woodson. Confirmation will be sent by email.

Location - Facilities

The camp will be held in the gyms at Woodson. The gyms at Frost will also be utilized during the day.

For More Information:

Email Coach Pat Neri pcneri@verizon.net

Web Site: www.wtwoodsonsports.org (look under girls varsity basketball/camps and clinics)

Return this form to:
Girls Basketball Camp
W.T. Woodson HS
9525 Main Street
Fairfax, VA 22031

Make checks payable to: *Woodson Girls Basketball Camp*

W.T. Woodson Girls Basketball Camp Application 2010

Name _____ Age _____ Grade next Fall _____

Home Address: _____

City _____ State _____ Zip _____ Home Phone: _____

School next fall: _____

Parents email addresses: _____ (Confirmation will be sent by email) _____ **Parents Cell Phone #'s**

I am registering for:

June 28-July 2, 2010 (\$175)
(Deposit due of \$75)

Total Amount Enclosed: _____

Balance Due: _____

Parental Consent and release:

I/we, the undersigned, individually and as parent(s) and/or guardian(s) of

a minor, ask that she be admitted to participate in this sport camp. In consideration of such admission, I/we do hereby agree to release, discharge, and hold harmless the camp directors and staff, W.T. Woodson high school, its officers, agents, and employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the sport camp or in the course of competition and/or activities held in connection with the sport camp.

Parent / guardian signature

date