

Skills and Drills Camp

Dates: June 14-17 (Monday-Thursday) Fee: \$75 Grades: 3-9 (Fall 2010) Time: 9 am-Noon

Emphasis on basic fundamentals of basketball: ball handling, shooting, defense and more. Great camp for girls just getting started or girls that have been playing for a few years and want to work on their fundamentals and basic strategies.

Girls will be divided by skill-levels so each camper can have a good camp experience.

Campers will learn many drills they can do at home on their own.

Have fun, learn basketball, and be active at this camp!

- Great basketball skills and drills
 - Basic fundamentals of basketball
 - Shooting drills
 - Skill breakdown by positions
 - Combination of fun and learning
 - Individual/team defense
 - Campers grouped by age/skill

Hoops Challenge Camp

Dates: July 5-8 (Monday-Thursday) Fee: \$165 Grades: 6-12 (Fall 2010) Time: 9 am-4 pm

Designed for basketball players with some playing experience so we can progress to more advanced skills and game play. Emphasis on individual and team development.

Offensive and defensive concepts: position-specific work, screening and using screens, floor spacing, position in the post, footwork inside and outside, plenty of shooting and ball handling. Work on the skills and strategies that separate outstanding players/teams from average players/teams. The skills that have to be learned and worked at during the off-season are the things that bring your game to the next level. Great camp for TEAMS or individuals to attend!

We switched this to an extended day camp to coordinate easier with other activities students participate in during the summer evenings.

- Excellent for individuals and teams
- Advanced basketball skills and game play
 - Skill breakdown by positions
 - Individual/team defense
 - Combination of fun and learning
 - Emphasis on proper form and footwork
 - Daily 5 vs. 5 games
- Includes lunch each day

Every camper for both camps receives:

- Falcon Camp T-Shirt
- UWRF Camp Basketball
- 2 tickets to a 2010-11 Falcon Game



Outstanding coaching staff

- Current Falcon coaches and players at camp

For more information

- Call Cindy Holbrook at 715-425-3250 or email cindy.holbrook@uwrf.edu

Confirmations will be emailed to address below. If no e-mail, it will be sent postal mail.

Print more brochures at www.uwrf.edu/sports, then go to Women's Basketball page.



2010 FALCON BASKETBALL CAMP REGISTRATION

Name _____

Address _____

City _____ State ____ Zip _____

Daytime phone _____

E-mail address _____

School Attending _____

Grade (Fall 2010) _____

Team Name _____

Print additional brochures at <http://www.uwrf.edu/sports/camps.php>

Fax both sides of the application to: 715-425-3257

Skills and Drills Camp - \$75
JUNE 14-17, GRADES 3-9 (FALL 2010)

Hoops Challenge/Team Camp - \$165
JULY 5-8, GRADES 6-12 (FALL 2010)

Method of Payment:

Check payable to: **UWRF Girls' Basketball Camps**

MC Visa Card # _____

Exp Date _____

Name of Card Holder _____

Please complete the back of this application and send to:

Girls' Basketball Camp
UW-River Falls, 123 Hagestad Hall,
River Falls, WI 54022

CAMP AGREEMENT HOLD HARMLESS / NOTICE OF INSURANCE

ASSUMPTION OF RISK: I understand that participation in this volunteer activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know, understand, and appreciate the risks that are inherent in this program.

I hereby apply for a reservation on the UW-River Falls summer camp. You will find enclosed, the required deposit of \$50.00. I understand the camp procedures for applications, deposits, and refunds.

I understand that UW-River Falls summer camps are not recreational camps, and I understand that they stress repetitious training in specific sports skills. I understand that any camper who does not abide by camp rules may be dismissed from camp with no refund.

PHOTO CLAUSE: I understand that the University may take photographs of camp participants and activities. I agree that UW-River Falls shall be the owner of and may use such photographs relating to the promotion of future camps. I relinquish all rights that I may claim in relation to the use of said photographs.

INSURANCE INFO: All UW-River Falls camp participants are required to be covered by personal medical insurance. The UW System insurance provides primary insurance coverage with limited accident coverage of \$1,000 only.

HOLD HARMLESS, INDEMNITY AND RELEASE: In consideration of permission for my child to voluntarily participate in the Falcon Volleyball Camps, I agree to defend, hold harmless, indemnify, and release the Board of Regents of the University of Wisconsin System, the University of Wisconsin-River Falls, and their officers, employees, agents, and volunteers, from and against any and all claims, demands, actions, or causes of action of any sort on account of damage to personal property, or personal injury, or death which may result from my/my child's participation in the above-listed program. This release includes claims based on the negligence of the Board of Regents of the University of Wisconsin System, the University of Wisconsin-River Falls, and their officers, employees, agents, and volunteers, but expressly does not include claims based on their intentional misconduct or gross negligence. I understand that by agreeing to this clause I am releasing claims and giving up substantial rights, including my right to sue.

CONSENT FOR EMERGENCY TREATMENT: I authorize the University of Wisconsin-River Falls and their designated representatives to consent, on my/my child's behalf, to any emergency medical/hospital care or treatment to be rendered upon the advice of any licensed physician. I agree to be responsible for all necessary charges incurred by any hospitalization or treatment rendered pursuant to this authorization.

Participant Name _____

Parent/Guardian Signature _____

Date _____

2010 Girls Basketball Camp



UNIVERSITY OF WISCONSIN **River Falls**

2010 Falcon Basketball Camps



**FEATURING HEAD COACH/
CAMP DIRECTOR
CINDY HOLBROOK**

Thank you for considering UW-River Falls Girls' Basketball Camps. We are very excited about the quality of our camps and the opportunities for improvement our campers have.

Our camps are designed to provide a great experience. An experience that stresses playing hard and having fun while learning about the game of basketball. The camp staff will consist of the UW-River Falls coaching staff along with current Falcon players. The team is ready to get out on the court and help you develop your basketball skills this summer!

Our goal is to help you become a better player in the "off- season". If you come to camp ready to work hard and listen, this will be accomplished and you will have an enjoyable experience at camp. I hope to see you this summer. Please return your registration as soon as possible.

Cindy Holbrook

Confirmation

Upon receipt of campers' application and deposit, a confirmation letter will be mailed or e-mailed, providing complete information regarding details of your camp selection.

Check in / What to bring

Check in will begin at 8:30 a.m. on the first day of camp. Any balance not paid will need to be paid at this time. Also, the camp agreement found on the back of the camper application must be completed before participation is allowed. Each camper should bring along their basketball shoes, a water bottle, and a gym bag for any possessions you may have. Campers do not need to bring a basketball.

Deposit/Cancellations

A deposit of \$75 is required with each camp application. Refunds will be given minus a \$15 processing fee for cancellations. Cancellations made seven days prior to the start of camp will result in the loss of your deposit. Emergencies and injuries will be handled on an individual basis.

Location

The city of River Falls is located in western Wisconsin approximately 35 minutes from Minneapolis/St. Paul, Minnesota. The campus of UW-River Falls is adjacent to state roads 29 and 35 that run through River Falls. (A campus map will be enclosed with your letter of confirmation.)

- * Excellent staff includes UWRF women's basketball coaches and players.
- * Learn the game in a positive and challenging environment.
- * Bring your game to the next level during the "off-season."
- * Each camper receives a camp basketball and t-shirt.
- * Complimentary tickets to a Falcon basketball game in 2010-11