

Lady Crusader Basketball Camp Registration

I waive and release the Crusader Basketball Camp and Catholic High School from any and all liability from injury or illness incurred during participation in the Crusader Basketball Camp. I as parent/guardian, have actual knowledge of and appreciate the particulars of the program and hereby voluntarily consent to said minor's participation, and assume the risk arising therefrom. I hereby give my permission for emergency medical treatment in the event I can not be reached.

signature of parent/guardian

date

Student's name _____

Address _____

Home phone _____

Email address _____

Age _____ Grade in Fall '09 _____

Parent's name _____

Work or Cell phone _____

Please circle one: Men's T-shirt sizes S M L

Please complete this form, detach and return with the \$100 tuition to Heather Bell, Catholic High Basketball Program, 3043 W. Scott St. Pensacola, FL 32505. Make checks payable to Heather Bell.

General Information

Schedule

July 6-10

5-14 year olds: 9:00a.m.-12:00p.m.

Activities

1. The first half of each day will be devoted to fundamental work (i.e. ball handling, shooting, defense, etc.)
2. The second half of each day will be devoted to team concepts and scrimmage time. During this time, each camper will have the opportunity to put into practice the fundamentals she has learned.

Friday Session

Championship Day

There will be a free throw and shooting competition, as well as speed dribbling competitions. There will also be a 4 on 4 tournament.

For more information

Contact Coach Bell

850-393-8042

hdb1323@hotmail.com

2009

LADY CRUSADER BASKETBALL CAMP



July 6-10

Catholic High School

3043 W. Scott St.

Pensacola, FL 32505

The Lady Crusader Basketball Camp will be conducted by Coach Heather Bell. The concept behind the Fundamental Basketball Program is to guarantee each camp participant the opportunity to learn fundamentals of basketball under a maximum benefit program.

The Girls Basketball Coaching Staff will be in attendance. Additional assistance and instruction will be provided by the members of the Lady Crusader Basketball team.

Each participant will receive a camp t-shirt.

**Courage
Hustle
Aggressiveness
Motivation
Patience
Intensity
Oneness
Never give up
Self-confidence**

DEFENSE WINS

The Fundamental Basketball Camp

Basketball skills, both in game competition and in individual talents, are the focal points of the Fundamental Basketball Program, but emphasis is particularly placed on the individual player and their learning process in a group setting.

Our Lady Crusader Basketball Camp is carefully designed to inspire self-confidence through achievement and to motivate each participant to master her talents and abilities. It provides a wholesome atmosphere where each participant receives expert, planned instruction in basketball activity, and individual character development.

Camp activities include introducing the young athlete to YOUTH-SCALED equipment that will assist them in developing proper skills for ball-handling, passing, and shooting.