

LADY MUSTANG BASKETBALL CAMP SUMMER 2011

Houston Christian High School
Directed by Kevin Sivils



SKILL DEVELOPMENT AND COMPETITION CAMP GIRLS ENTERING 7TH-8TH GRADES

- Motivation & Goal Setting
- Team Concept - Team Attitude
- Develop confidence, love of the game, athleticism, and improve your individual skills
- Movement Skills
- Footwork
- Defensive Technique
- Stance & Close-outs
- Setting & Using Screens
- Passing & Receiving
- Ballside & Helpside Defense
- Shooting Instruction
- Live Ball Moves & Lay-ups
- Controlled game competition to enhance skills
- Conditioning and Strength concepts
- Notebook concept for review
- Build your personal skill development program

For More Camp Applications and
Camp Physical Form go to:
www.kcsbasketball.com

Questions?
E-mail: info@kcsbasketball.com

SKILL DEVELOPMENT AND COMPETITION CAMP

July 11-15, 2011
Monday-Thursday 8:30 am-4:30 pm
Friday 8:30 am-12:00 noon

PERIMETER & POST PLAY POSITION CAMP

July 18-20, 2011
Monday-Tuesday 8:30 am-4:30 pm
Wednesday 8:30 am-12:00 noon

EACH CAMPER WILL RECEIVE:

- Individual player evaluation
- Camp t-shirt
- Camp ball
- One copy of *The Game of Basketball: Basketball Fundamentals, Intangibles and Finer Points of the Game for Players, Coaches and Fans* by Camp Director Kevin Sivils
- Motivational material
- Regular e-newsletter

CAMP FEATURES INCLUDE:

- Two air-conditioned gymnasiums
- Low coach-to-player ratio

PERIMETER & POST PLAY POSITION CAMP GIRLS ENTERING GRADE 7-12

All campers will receive instruction in:

- Footwork
- Passing and receiving
- Individual workout programs
- Goal setting skills
- Movement skills
- Strength & conditioning

Perimeter (Guard) Player Instruction:

- Mental approach to guard play
- Feeding the post
- Running the fast break
- Live ball moves
- Dribble moves
- Ball handling
- Individual defense
- Getting open

Post Player Instruction:

- Mental approach to post play
- Receiving and passing in traffic
- Low and high post moves
- Getting open in the post/positioning
- Rebounding

HCHS LADY MUSTANG BASKETBALL CAMP 2011 APPLICATION

Name: _____ Grade in Fall of 2011: _____ School: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Parent's e-mail address: _____ Camper e-mail address: _____

I, _____, authorize the directors of the HCHS Lady Mustang Basketball Camp to act for me according to their best judgment in any emergency requiring medical attention.

Parent or Guardian's Signature: _____ Date: _____

Please send _____ additional camp applications to me for my friends.

SESSION I – SKILL DEVELOPMENT & COMPETITION CAMP

July 11-15, 2011 _____ \$50 Deposit _____ \$145 Full Payment

SESSION II – PERIMETER & POST PLAY POSITION CAMP

July 18-20, 2011 _____ \$50 Deposit _____ \$95 Full Payment

Make checks payable to KCS Basketball Enterprises and mail to:
KCS Basketball Enterprises, 21211 Park Willow, Katy, TX 77450

IMPORTANT – PLEASE READ:

- Each camper will receive a confirmation e-mail indicating their camp application and deposit has been received.
- Each camper must also bring a completed physical form, by a medical doctor, valid within the last calendar year inclusive of the camp dates for the session the camper is attending. A camp physical form can be downloaded from the Camp/Clinic page at www.kcsbasketball.com.