

# VALDOSTA STATE

Women's Basketball

CAMP  2009



## Instructional Camp (Day camp only)

For development of the young player, emphasis will be placed on shooting, passing, ball handling, and all fundamental aspects of the game of basketball. Bring your lunch and eat with the Lady Blazers.

Ages:	5-13	Cost:	\$70
Date:	June 8-11, 2009	Deposit:	\$20 non-refundable
Check-in Date/Time:	June 8 from 8:45-9:30 AM	Application Deadline:	June 1, 2009
	Check-in at VSU's PE Complex		
Sessions run from:	9:00 AM - 1:00 PM		

\*Walk-ups accepted but must be accompanied by a legal guardian for signature purposes.

## Player Development Camp (Overnight camp)

For the player who wants to develop her individual skills necessary to become a "prime-time" player. Extensive work will be done in all aspects and fundamentals of the game. Specific skills will be emphasized concerning the development of guard, forward, and post play.

Ages:	14 and up	Cost:	\$175 overnight or \$100 commuter
Date:	June 15-17, 2009		\$125 overnight team discount
Check-in Date/Time:	June 15 from 11 AM - 12 Noon		(Must have 7 or more from one high school/AAU team)
	Check-in at VSU's PE Complex	Deposit:	\$20 non-refundable
Camp begins:	1:15 PM on June 15	Application Deadline:	June 8, 2009

\*Walk-ups accepted but must be accompanied by a legal guardian for signature.

## Post Player Camp

Post camp has evolved from the overwhelming response we've had from our Player Development camp and drills we specifically use to develop our post players in a practice setting. It is for the post player who wants to elevate her game to the next level. Drill work is specific to the development of both the offensive and defensive end of post play including but not limited to: post moves and counter-moves, post positioning, post passing, body balance, post defense, strength and conditioning...and much, much more.

Ages:	Girls entering 9-12 grades in fall 2008	Cost:	\$100 per person
Height:	Must be 5'9" or taller	Deposit:	20 non-refundable
Date:	June 18-19, 2009	Special Notes:	Must be 5'9" or taller AND limited to 30 spots

\*Walk-ups will NOT be accepted for this camp.

## Shooting Camp Session I

For development of the young player, emphasis will be placed on basic shooting fundamentals including but not limited to footwork and shooting technique.

Ages:	Girls entering 3-6 grades in fall 2009	Cost:	\$50 per person
Date:	June 27, 2009	Deposit:	\$10 non-refundable
Time:	10 a.m. - 12 noon		
Check-in Date/Time:	June 27 from 9:30-10:00 a.m.		

\*Walk-ups accepted but must be accompanied by a legal guardian for signature.

## Shooting Camp Session II

For continued development of the older player, emphasis will be placed on proper footwork, shooting technique and developing the mid to long range jumper.

Ages:	Girls entering 6-12 grades in fall 2009	Cost:	\$50 per person
Date:	June 27, 2009	Deposit:	\$10 non-refundable
Time:	1-3 p.m.		
Check-in Date/Time:	June 27 from 12:30-1:00 p.m.		

\*Walk-ups accepted but must be accompanied by a legal guardian for signature.

## Camper Application Form

Camper's Name: \_\_\_\_\_ Home Phone #: \_\_\_\_\_

Home Address: \_\_\_\_\_ City/State/Zip Code: \_\_\_\_\_

Height: \_\_\_\_\_ Age: \_\_\_\_\_ Grade (for Fall 2009): \_\_\_\_\_ T-Shirt size (adult) S M L XL XXL

School: \_\_\_\_\_ Coach's Name: \_\_\_\_\_

Roommate Preference (Overnight campers only): \_\_\_\_\_

Check camp(s) you wish to attend:

- Instructional Camp (ages 5-13)
- Player Development Camp (ages 14 and up)
- Post Player Camp (entering 9-12 grade, 5'9" or taller)
- Shooting Camp Session I (grades 3-6)
- Shooting Camp Session II (grades 7-12)

Make all check or money orders payable to:

- VSU Foundation
- Enclosed is my \$20, non-refundable deposit
- Enclosed is my full payment of \$ \_\_\_\_\_

**SEND APPLICATIONS TO:** VSU Lady Blazer Basketball Camp, Valdosta State University, 1500 N. Patterson St., Valdosta, GA 31698

NOTE: A completed Camper Application Form is necessary for each camper & must be accompanied by the Release and Waiver of Liability Medical History Form.