

CAMP AND CLINIC INFORMATION

<p><u>DATES:</u></p> <p>Junior Skills & Drills June 1 - 5; July 27 - 31, 9:30 - noon Boys, Ages 5 - 8</p> <p>Skills & Drills for 4th - 7th June 8 - 12, Aug. 10 - 14 9:30 - 2:00 Boys Rising Grades 4 - 7</p> <p>Skills & Drills for H.S. June 22 - June 26; 9:30 - 2:00 Boys Rising Grades 8 - 12</p> <p>Ball-Handling Clinic July 13 - 17; 9:30 - 12:00 Boys Rising Grades 6 - 12</p> <p>Shot Doctor Clinic July 13 - 17; August 17 - 21 1:00 - 3:30 (Aug. 9:30 - noon) Boys Rising Grades 6 - 12</p> <p>WHAT TO BRING: Bagged lunch, basketball, basketball sneakers, and money for drinks</p> <p>DISCOUNTS: Seton staff receive a 50% discount. Financial aid available for those in need.</p> <p>AWARDS CEREMONY: Parents are encouraged to attend the awards ceremonies at 1:00 p.m. on the Friday of each Skills and Drills Camp.</p> <p style="text-align: center;">MORE INFO?? Contact Coach VW at 703-367-7871 OR e-mail him at setonschool@aol.com</p>	<p style="text-align: center;">SKILLS & DRILLS CAMPS <i>4th - 7th AND HIGH SCHOOL</i></p> <p>Daily Schedule: 9:30 Prayer/Opening Thoughts 9:35 Ball Handling drills 9:55 Stations 10:20 Fundamental & Drill 10:50 Team Competition 11:30 Lunch Break 12:00 Shooting Drills 12:20 Individual Contests 1:00 Team Competition 2:00 Dismissal</p> <p>Skills:</p> <ul style="list-style-type: none"> • Shooting instruction • Defensive concepts • Footwork • Stationary Moves • Rebounding • Free Throw Shooting • Fast Break • Team Offense & Team Defense • Ballhandling 	<p style="text-align: center;">BALL-HANDLING CLINIC <i>FOR EXPERIENCED PLAYERS ONLY</i></p> <p>Daily Schedule: 9:30 Prayer/Stretch 9:40 Ball Handling Drills 9:55 Stations 10:20 Shooting & Drill 10:50 Contest 11:20 Competition 12:00 Dismissal</p> <p>To Develop:</p> <ul style="list-style-type: none"> • knowledge • confidence • vision • passing skills • change of direction • change of speed • moves on the move <p>Skills:</p> <ul style="list-style-type: none"> • penetrate pitch • penetrate feed • penetrate pull-up • dribble wing entry • attack the press • run the primary and secondary fast break 	<p style="text-align: center;">SHOT DOCTOR CLINIC** <i>FOR EXPERIENCED PLAYERS ONLY</i></p> <p>Daily Schedule: 1:00 Prayer/Stretch 1:10 Shooting Progression 1:20 Stations 1:50 Fundamental & Drill 2:20 Contest 2:50 Competition 3:30 Dismissal</p> <p>Skills:</p> <ul style="list-style-type: none"> • Footwork • Balance • Elbow position • Concentration • Release • Follow through • Stationary shooting • Pull-up jumper • 3 pointer • Free throw • Great cutting ability • Ability to read the "D" <p style="font-size: small;"><i>**The August clinic will run in the morning and times are adjusted accordingly.</i></p>	
	CAMP HIGHLIGHTS AND GOALS	CLINIC HIGHLIGHTS AND GOALS		
	Station Champion 1-on-1 champion Hot shot champion Long shot champion Free Throw champion Daily Prizes	Hot shot championship 3 pt. Championship Free Throw Championship Elbow/Pull-up Championship Daily Prizes		
	<ul style="list-style-type: none"> • To have FUN • To develop individual SKILLS • To develop a TEAM attitude • To encourage SPORTSMANSHIP • To grow in VIRTUE through sports 	<ul style="list-style-type: none"> • To develop a great WORKOUT ROUTINE • To improve through TECHNICAL TRAINING • To go to the NEXT LEVEL with your abilities • To grow in VIRTUE through sports 		

2009 COACH VW CAMP/CLINIC APPLICATION FORM

Mail to: Coach Dan Vander Woude
c/o Seton School
9314 Maple Street
Manassas, VA 20110

For Office Use Only
Deposit Paid _____
Balance Due _____

Name:	Phone:	Age in June:
Address:	Work #:	Height:
City/Zip:	E-mail:	Weight:
Registering for: (Please check) ____ Skills & Drills Date: _____ ____ Shot Doctor Clinic Date: _____ ____ Ball-Handling Clinic	Enclosed is a deposit for \$20.00 (make checks payable to Dan Vander Woude) as a non-refundable registration fee. The balance is due during registration on the Monday of the camp from 9:00 - 9:20. In case of an accident involving my son, I release the camp, the director, the counselors, and Seton School from any and all liability. I hereby authorize the directors of the Skills and Drills Basketball Camp to act for me according to their best judgment in an emergency requiring medical attention. X _____ <i>Parent Signature</i>	

