

*Chillicothe High School
Lady Cavs
Basketball Camp
2010*



July 26-29, 2010

for Girls entering

Grades 2-4 10:00 a.m.-11:30 a.m.

Grades 5-9 1:00 p.m.-4:00 p.m.

Camp Objective

To teach/develop skills and fundamental with an emphasis on shooting, passing, ball handling, and team play.

Camp Features

*Fundamentals *3 on 3 play *Hot Shot
*Shooting Instruction *Team Play
*Shooting Competitions

Awards

*Hustler Award *Coaches Award
*Competition Award *Defense Award

Facilities

Grades 2-4 Worthington Elementary School
Grades 5-9 Chillicothe High School

Camp Fee

\$50.00; includes T-Shirt and Basketball
+ sports towel

Camp Staff

Shawn Blue
CHS Girls Head Basketball Coach
740 248-6400

**Assisted by Lady Cavs Basketball Coaches and Players

Daily Activities

Fundamental Stations (including)

- *Ball handling
- *Passing
- *Layups
- *Defense and Rebounding

Shooting Stations (including)

- *Form shooting
- *Foul Shooting
- *Pivoting
- *Off the Dribble moves

Fast Break/Full Court Drills

3 on 3 and 5 on 5 Games

(Grades 5-9)

Thursday schedule will differ for competitions

***Please bring your own water bottle with water only (no pop, Gatorade, etc.)
Water only please

Camp application and parent release. Please fill out and send or bring in to the Chillicothe High School Athletic Office (421 Yoctangee Parkway, Chillicothe OH 45601) with the \$50.00 camp fee. The checks are payable to the Lady Cavs Basketball Club (cash is also acceptable). Application need to be received by July 23, 2010 to ensure the correct T-Shirt, basketball, and towel sizes. Applications are welcomed after that date, including the first day of camp, but the camp items cannot be guaranteed at that time. The best effort will be made to get you the items at a later time.

Name _____ Age _____ Grade (09-10) _____

Address _____ City _____ Zip Code _____

Emergency phone number _____ Emergency Contact _____

T-Shirt size (Circle one) A2XL AXL AL AM YL YM YS

Parental Release

I hereby give my permission for above named person to attend the Chillicothe Lady Cavs Basketball Camp. I will in no way hold any member of the Camp Staff or the Chillicothe City School System responsible for any injury that might occur during Camp activity.

Date _____ Student Sign. _____ Parent Sign. _____