



# LADY BEARS BASKETBALL

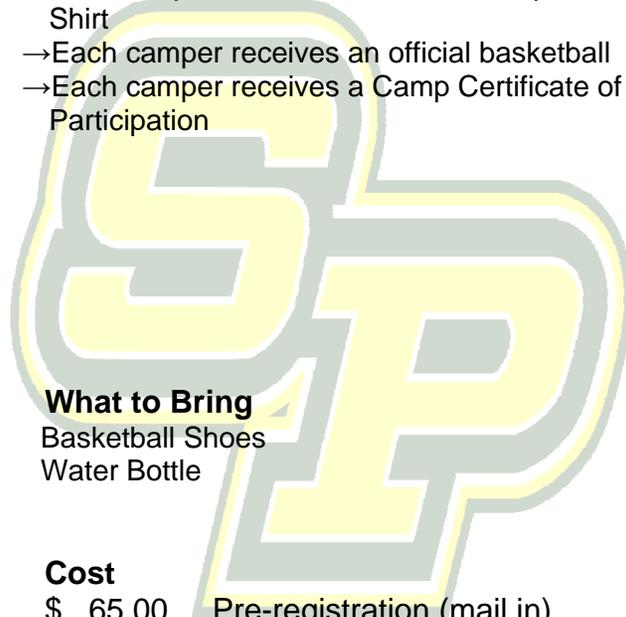
2012 Girl's Basketball Camp

For Incoming Grades 3<sup>rd</sup>-8<sup>th</sup>



### Camp Highlights

- Daily skill instruction from SPHS Coaches and Players
- Team games Tues - Thurs
- Relay games, shooting, and dribbling contests
- Each camper receives an official Camp Tee Shirt
- Each camper receives an official basketball
- Each camper receives a Camp Certificate of Participation



**What to Bring**  
Basketball Shoes  
Water Bottle

### **Cost**

\$ 65.00 Pre-registration (mail in)

\$ 75.00 On site registration



## Camp Registration

(Name on players camp certificate will appear as printed below.)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_--\_\_\_\_\_

EMER. PHONE (\_\_\_\_) \_\_\_\_\_--\_\_\_\_\_

AGE \_\_\_\_\_

GRADE ENTERING (Aug 2012) \_\_\_\_\_

SHIRT SIZE (Please circle one)

YS YM YL YXL AS AM AL AXL AXXL

MAKE CHECKS PAYABLE TO:

**SPHS Lady Bears Basketball**

Cost: \$ 65.00 per Camper (Pre-registration)

\$ 75.00 per Camper (On-site registration)

Please complete both sides of this panel, detach along the line, and return only this portion with your check. You may pre-register and mail your check including form to:

Sierra Pacific High School  
Girl's Basketball Camp  
cc: Nikki Mendes  
1259 North 13<sup>th</sup> Ave  
Hanford, CA 93230

or On-site registration will be available from 8:00am-8:45am June 18

**Please return by**

**June 11, 2012**

**\*Limited space—first 60 registered campers**

**Medical Waiver**

I hereby state my child

\_\_\_\_\_  
*(CHILD'S NAME)*

is in good health and has my permission to participate in all Lady Bears Basketball Camp activities. I authorize the staff at the camp to provide emergency first aid in the event of sickness or injury. I understand I am financially responsible for any medical bills incurred by my child while at the 2012 Lady Bears Basketball Camp. My signature below hereby releases the camp, camp workers, camp volunteers, and HJUHS D from any and all liability and any manner of actions, suits, damages, claims, and demands on account of personal injury arising from my child's participation in the camp. Please list any medical conditions the camp volunteers should be aware of during the camp.

\_\_\_\_\_  
\_\_\_\_\_  
**Parent Signature:**

Date: \_\_\_\_\_

Emergency Phone:

(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Our Health Insurance – Provider:

Policy #:

**Complete both sides, detach at line, return with your check made payable to: SPHS Girl's Basketball**

**June 18-21**  
**For girls 7 -14 years old**

**Camp Features**

**Offensive Fundamentals**

Shooting  
Passing  
Ball Handling

**Defensive Fundamentals**

Proper Stance & Footwork  
Rebounding  
Man to Man Defensive Techniques

**Team Fundamentals**

Players will be divided and assigned a team coach to help implement the individual skills taught in a team setting.

**Times**

M-Th 9 am until 12 Noon  
*Gym will open at 8:30 am & close at 12:15 pm*

**Sample Daily Schedule:**

9 am Warm-ups/Stretching  
9:15 Ball Handling Fundamentals  
10:00 Station Work  
11am Fundamental Work (Defense/Team Drills)  
12 Noon Dismissal  
\*Tues-Thurs: Competitive Games 11:30-12:00



**Skills Emphasized:**

→Dribbling

→Passing

→Shooting

→Defense

→Team Play



**1<sup>st</sup> Annual Lady Bears Basketball Camp**

SPHS  
1259 N. 13<sup>th</sup> Ave  
Hanford, CA 93230  
559 583-5912  
[nmendes@hjuhsd.k12.ca.us](mailto:nmendes@hjuhsd.k12.ca.us)

*All proceeds from the Lady Basketball Camp benefit the SPHS Girl's Basketball Program.*