



Higher Level Camps Going Back to the Basics Fundamentals Camp (Girls)

Girls: June 22, 2008 1st Day Schedule

- 8:00 a.m.** Coaches arrive and check in rooms
9:00 a.m. Coaches meeting
11:00 a.m. – 1:00 p.m. **Athletes check into rooms at Scott Hall on Thorne St.**
1:00 p.m. Meeting with parents and athletes in gym
(Come to meeting ready to play.)
2:00 p.m. Workout in gym
- Varsity** – play games in big gym: coaches will pick teams
Jumpshots after games, (Cheryl will demonstrate) – see notes
- J.H. and J.V. – 7 Stations in Little Gym (10 min.)**
1. Jumpshots – video tape
 2. Ball Handling, Dribbling, Passing
 3. Freethrows
 4. Plyometric Workout
 5. Z-ball – water
 6. Theraband – upper body
 7. Jumpshots – outside with chair
- 3:30 p.m.** Group Work Var. and Group J.V. Rotate
5:00 p.m. Dinner
6:00 p.m. – 8:00 p.m. Open Swim for Junior High – located in the gym

What to bring: You will need sheets, pillow, towels, and everything you need to live on a daily basis. Swimsuit required because we will have a workout in the pool. Shorts, shirts, socks, and tennis shoes required to workout. You may also bring a cooler / refrigerator. Ice is available from the trainer for your coolers.

What not to bring: Please do not bring soda. If you bring a DVD, please do not bring R rated movies. We have middle school participants at this camp. **Scoters** are not allowed at camp.