

## Cost

\$65 for ALL four sessions!

This fee will include lectures, instruction, and a camp T-shirt.

Family Rates for families with two or more athletes participating: \$45 Per Athlete

## Registration

Please fill out the registration form on the back of this brochure. Send the form and payment to the address on the brochure.

## Staff and Program

Girls Wildcat Coach Kyle Igou, along with other coaches, will personally be directing the camp. Each day's program will be started with lectures on specific skills. Drills will be taught for each specific topic. Players will then break into smaller groups to work on the various fundamentals. Daily contests will also be played.

## Insurance

Campers must have and provide their own health insurance.

## Facilities

The River Falls High School gymnasium will be used. With 24 glass backboards along with 4 full-sized courts available, each player will get plenty of instruction and time.

## Times

1p.m. – 4p.m.

## Format

1 – 3

Drills, Teaching, Fundamentals, Practice

3 – 4 Games/Contests

## Showers and Equipment

### Needed:

There will be NO SHOWERS! A locker room is available for changing clothes, but players are urged to arrive dressed and ready to play each day. Basketball shoes, socks, shorts and T-shirts will be required dress. Leave all valuables at home or check them in with a coach when you get there since the camp will not be responsible for lost articles!

## *Wildcats River Falls High School*

## *Girls Specialty Basketball Camp*



By

Head Coach Kyle Igou  
River Falls High School  
Four Day Session  
At the River Falls High School  
July 12 – 15  
1p.m. – 4p.m.  
Grades 7 – 9

## Registration

Girls Wildcat Specialty Basketball  
Camp

*\*Please Print*

2010  
River Falls

Name \_\_\_\_\_  
Year in school (Next Year) \_\_\_\_\_  
Height \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Zip Code \_\_\_\_\_  
School \_\_\_\_\_  
Parent's Name \_\_\_\_\_

The areas we will cover during the camp:

Defense

Offense

Shooting

Team Play

\*Please Circle Your T-Shirt Size  
(These are Adult Sizes)

Small Medium Large X-Large

All liability for injury or any other claim is forfeited  
by the participant against the River Falls School  
District or any personnel involved with the camp.

**Payment should accompany your  
registration.**

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Parent's Signature

Please make Checks payable to  
Kyle Igou

Send registration and payment to:  
Kyle Igou

818 Cemetery Rd  
River Falls, WI 54022

**Registration Deadline: June 5<sup>th</sup>, 2010**

### **Welcome to Camp**

A message to players:

"We will try hard to instill a winning  
attitude and make sure every player  
receives the best basketball  
instruction possible. We will be

teaching the parts of the game we feel  
are teachable and important. We also  
want to teach each and every player  
to work hard and have fun while  
playing basketball."

Coach Igou

Girls Varsity Basketball Coach

River Falls High School

### **Purpose of the Camp**

The purpose of the camp is a simple  
one: to help you to become the best  
player you are able to become. We  
will teach each player the proper  
offensive and defensive skills needed.  
Each player will also leave with drills  
they can do on their own to prepare  
for the up coming seasons or  
competitions.

### **Age Groups**

(The grade you will be in next school  
year.)

Grades 7 – 9

### **Dates**

The session will run from

July 12 – 15

1 – 4p.m.

### **Camp skills**

#### **Defense**

1. M/M Defense Principles
2. Strong Side Position
3. Help – Side Positioning'
4. Rebounding

### **Offense**

1. Proper techniques of dribbling
  - a. Demonstrations of fundamental ball handling drills.
  - b. Starting and stopping the dribble
  - c. Cross-over, speed, hesitation, behind the back, between the legs, control dribbles
2. Proper Techniques of Passing
  - a. Receiving and follow through
  - b. Chest, bounce and skip
3. Offensive Moves
  - a. Triple threat position
  - b. How to drive right and left
  - c. Drive, jump stop, and shot

### **Transition Play**

1. Running lanes on the court
2. Out let passes

### **Shooting**

1. Proper Technique
  - a. Receiving the ball
  - b. Position for passing, shooting or driving
  - c. Sound principles of shooting
  - d. Lay-ups
2. Inside or Post Moves
  - a. Baseline Power Lay-ups
  - b. Up and under
  - c. Cross-over

### **Team Play**

1. 3 on 3, 4 on 4 and 5 on 5
2. Offense vs Defense
3. Team Concepts