

GIRLS CAMPS

FUNDAMENTAL SKILLS CAMP Grades 5-12

June 4-5

Cost: \$80 (Commuter)
\$100 (Residential)

Check in: June 4, 6-7 p.m.

Times: June 4, 7-10 p.m.
June 5, 9 a.m.-3 p.m.

This camp will develop the total game of each player. Fundamentals such as shooting, guard play, post play, defense and team concepts will be taught during this camp. Players will be grouped according to grade and skill level. Games and contests will be played during the camp. If you want a fun environment while getting better as a basketball player, this camp is for you! Lunch will be provided.

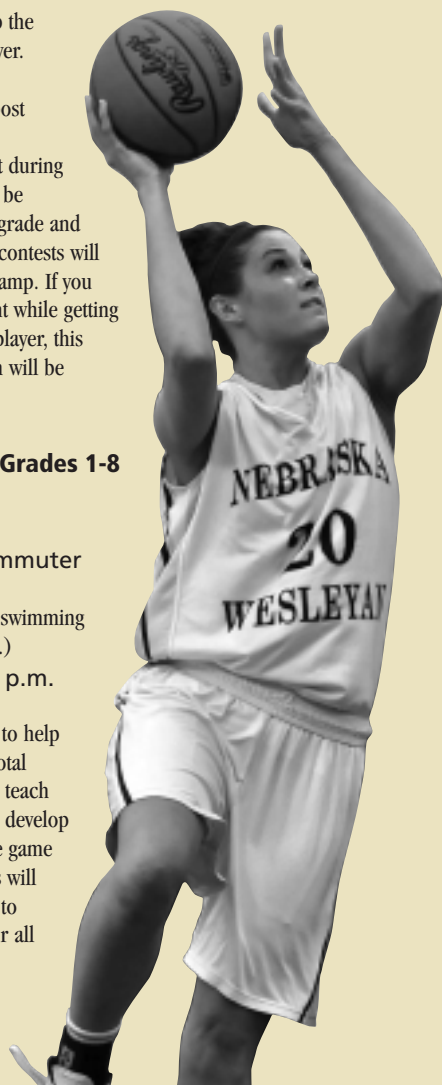
DAY CAMP Grades 1-8

June 18-20

Cost: \$90 (Commuter Only)
(Lunch not included - swimming available during break.)

Time: 9 a.m.-3 p.m.

This camp is designed to help players develop their total game. It is designed to teach the fundamental skills, develop basic knowledge of the game and have fun! Campers will be grouped according to grade and skill level for all games, contests and teaching situations.



SHOOTING CAMP Grades 5-12

July 2-3

Cost: \$80 (Commuter)
\$100 (Residential)

Check in: July 2, 6-7 p.m.

Times: July 2: 7-10 p.m.
July 3: 9 a.m.-3 p.m.

This camp is designed to create better shooters. Proper form with regards to footwork, body position and release of the shot will be demonstrated and taught. Other concepts such as free shooting and pull-up jumpers will be taught. Each camper will have their shot evaluated and corrected during the camp—sign up to become a better shooter!

POST SKILLS CAMP Grades 5-12

July 5-6

Cost: \$80 (Commuter)
\$100 (Residential)

Check in: July 5, 6-7 p.m.

Times: July 5: 7-10 p.m.
July 6: 9 a.m.-3 p.m.

NWU prides itself on their outstanding post play. During this camp, each camper will be instructed in proper body position and footwork that is essential for effective post play. Post moves such as the drop step and power, jump hook, reverse pivot and up and under will be taught. The basics of post defense will be covered as well. If you are a post or guard looking to be more effective in posting up, this camp is for you.

FACILITIES

Campers will have the opportunity to play in the Weary Center for health and fitness. With the \$10 million facility housing 5 full-sized courts with adjustable rims, campers will be surrounded by one of the best basketball facilities in the nation.

WHAT TO BRING

- Remaining balance for camp fee
- "Broken-in" basketball shoes
- Extra pair of socks
- Water bottle
- Gym shorts
- Extra t-shirt

REGISTER

- ✓ Complete application - mark your camp choices
- ✓ Make checks payable to: NWU Basketball Camp
- ✓ Detach and mail application with non-refundable deposit to:

Eric Jensen, Head Women's Basketball Coach
Nebraska Wesleyan University
5000 St. Paul Ave.
Lincoln, Ne 68504



- A confirmation email will be sent
- Contact Eric Jensen with further questions 402/465-2163

PLEASE PRINT:

CAMPER'S NAME _____ AGE _____

PARENT OR GUARDIAN'S NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE (Home) _____ TELEPHONE (Work/Cell) _____

PARENT E-MAIL _____

T-Shirt Size Adult S M L XL _____
Grade 2012-2013

CAMP CHOICE: enclose \$25.00 non-refundable deposit for each camp

		residential	commuter
<input type="checkbox"/> FUNDAMENTAL SKILLS CAMP	June 4-5	\$100.00	\$80.00
<input type="checkbox"/> SHOOTING CAMP	July 2-3	\$100.00	\$80.00
<input type="checkbox"/> POST SKILLS CAMP	July 5-6	\$100.00	\$80.00

I want to stay: _____ on campus _____ at home

roommate preference _____

DAY CAMP June 18-20 \$90.00

MEDICAL INFORMATION:

advise us of medical conditions we should be aware of:

Condition: _____

Medication & Dosage: _____

Insurance Company: _____

Policy #: _____

In consideration of acceptance for registration, I waive and release any and all rights and claims for damages I may have against nebraska wesleyan university or its representatives for any damages that may be sustained and suffered by me in connection with my association in this camp, and which may arise out of my traveling to, participating in, or returning from camps.

Applicant's Signature _____ Date _____

Parent's Signature _____ Date _____

Dear Camper,

The Nebraska Wesleyan women's basketball team hopes you will join us for a fun summer of camps. Our camps are designed to teach important fundamentals of basketball such as shooting, dribbling, passing and defense. We believe that these skills are essential to the success of any student athlete.

Summer basketball camps are an important step in the development of your basketball skills. NWU camps will provide you the opportunity to work on your skills in a fun and competitive atmosphere. Throughout the camp, the importance of academics and teamwork will be stressed. During the year, the Prairie Wolves team focuses on "TWW = Together We Win". Campers will learn the importance of playing together. We look forward to seeing you this summer!

Eric Jensen
Head Women's
Basketball Coach

402/465-2163
ejensen@nebrwesleyan.edu



GO WOLVES!



Eric Jensen
Nebraska Wesleyan University
5000 St. Paul Ave.
Lincoln, NE 68504

NEBRASKA
WESLEYAN
UNIVERSITY

2012 GIRLS BASKETBALL CAMPS



FUNDAMENTAL SKILLS CAMP - June 4-5
DAY CAMP - June 18-20
SHOOTING CAMP - July 2-3
POST SKILLS CAMP - July 5-6