

**ALPENA HIGH SCHOOL
GIRLS BASKETBALL CAMP**

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LOCATION: ALPENA HIGH SCHOOL

DATES AND TIMES: JUNE 7TH - 10TH 1:30PM - 3:30 GRADES 5TH - 8TH

COST

\$60 PER PERSON - **MAKE PAYMENTS THE DAY OF CAMP.** (EACH ADDITIONAL ATHLETE IN SAME FAMILY IS \$30) INCLUDES A FREE T-SHIRT

WHO CAN ATTEND?

ANY GIRLS IN GRADES 5TH - 8TH GRADE (NEXT SCHOOL YEAR GRADE) WHO ARE INTERESTED IN BUILDING ON THEIR SKILLS AS A BASKETBALL PLAYER.

COVID GUIDELINES

ALL PARTICIPANTS WILL HAVE TO WEAR A MASK AT ALL TIMES.

WATER/GATORADE - MUST HAVE YOUR OWN DRINK

RAPID COVID TEST PER STATE LAW: ANYONE 13YRS OLD OR OLDER WILL NEED TO SHOW UP ½ HOUR BEFORE THE START OF CAMP ON MONDAY FOR THEIR TEST. THIS IS A ONE TIME TEST AND WILL COVER PARTICIPATION FOR THE ENTIRE WEEK. THERE IS NO CHARGE FOR THE TEST

REGISTRATION

[FILL OUT THIS FORM.](#) IF YOU HAVE MORE THAN ONE CHILD ATTENDING, ***DO ONE FORM FOR EACH CHILD.*** NO PAYMENTS WILL BE TAKEN UNTIL THE DAY OF CAMP. **CHECKS WILL BE MADE OUT TO ALPENA GIRLS REBOUND CLUB.** AS EVERYONE KNOWS, COVID RULES AND REGULATIONS ARE CONSTANTLY CHANGING AND COULD IMPACT THE CAMP. IF ANY CHANGES DO OCCUR, WE WILL CONTACT EVERYONE WITH THE INFORMATION.

CAMP DETAILS:

- **CAMP FOCUS:** HELP ALL TYPES OF ATHLETES BECOME BETTER BASKETBALL PLAYERS
- **SUMMER PHILOSOPHY:** THE MORE THE MERRIER! THE MORE PLAY TIME, THE MORE IMPROVEMENT. WE WELCOME AND RESPECT ALL BASKETBALL PLAYERS WHO COME WITH A POSITIVE ATTITUDE, ARE READY TO LEARN, HAVE FUN AND PLAY BALL. WHETHER THE ATHLETE IS A BEGINNER OR AN EXPERIENCED PLAYER, WE HAVE NO DOUBT THAT SHE WILL LEAVE CAMP WITH IMPROVED SKILLS AND KNOWLEDGE. FUNDAMENTALS AND BASIC SKILLS/KNOWLEDGE WILL BE COVERED THROUGH VARIOUS STATIONS AND DRILLS ACROSS THE FOUR DAYS OF CAMP. ON THESE DAYS, WE WILL ALSO PLAY 5 VS 5 GAMES AND COMPETITIONS. THIS WILL GIVE THE GIRLS A CHANCE TO PUT THEIR SKILLS TO THE TEST IN A REAL GAME SETTING, AGAINST APPROPRIATE LEVEL OF COMPETITION.

WHAT TO EXPECT:

- BASIC SKILLS/FUNDAMENTAL PRACTICE
 - Form shooting, Passing, Ball Handling, Offense Principles,
 - Defense Principles, Position Instruction, Speed and Agility
- KNOWLEDGE OF PROPER MECHANICS
- COMPETITIONS: FREE THROW, SHOOTING, 1 VS 1, 5 VS 5, ETC
- TEAMWORK AND CONFIDENCE BUILDING
- FOUR DAYS OF FUN AND IMPROVEMENT, LEAVING THE GYM EVERYDAY WITH A SMILE :)

QUESTIONS??

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