

# MANCHESTER High School

# GIRLS' BASKETBALL CAMP



June 25<sup>th</sup> – June 29<sup>th</sup>, 2018  
8am–12pm

Manchester High School  
12601 Bailey Bridge Road

The gym contains three full courts with dividers as well as an auxiliary gym for younger campers.

The Manchester Girls' Basketball Summer Camp will teach both the fundamentals and refinements of the game to young women who have a strong desire to improve. Campers will learn from the MHS coaching staff and the student-athletes from the 2017-2018 season. Each camper will receive instruction appropriate to her level of ability. Maximum individual attention combined with ample practice and competition will be offered. Team play, sportsmanship, hustle, and attitude will be stressed during this week.



AGE: Rising 3<sup>rd</sup> Grade – Rising 9<sup>th</sup> Grade

#### QUESTIONS

Coach Cason: 804-350-1403  
George\_cason@ccpsnet.net



- Ball Handling
- Game Shots and Shooting
- Position Specific Work
- Competition Drills
- Strength and Conditioning
- MUSIC & FUN!

# MANCHESTER HIGH SCHOOL GIRLS' BASKETBALL CAMP



## REGISTRATION INFORMATION

Cost: \$75.00 per participant paid before June 1<sup>st</sup> 2018

\$100.00 per participant paid after June 1<sup>st</sup> 2018

Make the checks payable to: Manchester High School c/o Katie Goodwyn, Girls Basketball

Fill out the registration form below and return to Manchester High School c/o Katie Goodwyn, Girls Basketball

### APPLICATION

(Please print or type)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address (street, city, zip) \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_ Grade Entering \_\_\_\_\_

Health or physical limitations (if so, explain) \_\_\_\_\_



### INJURY WAIVER

In the event my daughter suffers any illness or accident requiring hospitalization, medical treatment or medication, I hereby give permission for any medical treatment that may be deemed necessary and reasonable under the circumstances.

Parent/Guardian (please print) \_\_\_\_\_

Sign \_\_\_\_\_

### EMERGENCY CONTACT

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

## MHS COACHING STAFF



**Coach Goodwyn** is the Head Varsity Coach for our Lady Lancers. She played NCAA Division II basketball in North Carolina in the early 2000's. Upon graduation, she spent a season with The College of William and Mary as a member of their women's basketball staff. In 2015, she helped lead the Bailey Bridge Middle School Bears to a 26-0 record and two Chesterfield County Middle School Girls' Basketball Championships.

**Coach Cason** is the Head Junior Varsity Coach for our Lady Lancers. He has been a part of the local community for years, and most recently coached the JV Girls to a 16-1 record. Coach Cason has also coached boys' basketball at Meadowbrook and Clover Hill High Schools. Coach Cason spent a season with the University of Richmond men's basketball team in 2000-2001.

In addition to her coaching role at Manchester High School, **Coach Boyd** is the Head Coach for the Girls Basketball Team at Manchester Middle School. Before coming to MMS, Coach Boyd was a teacher and assistant basketball coach at Thompson Middle School in the Richmond Public Schools system. Coach Boyd played high school basketball for LC Bird from 1991-1995. Go Lancers!!

**Coach Terrett** just completed her 1<sup>st</sup> season on the MHS staff. She played an integral part of the success on both the Varsity and JV levels. Coach Terrett has been part of the local community for years. She brings many years of coaching experience to our staff.