

**Oak Hill Lady Warriors
Skills Camp
2010
June 27- July 1**



CAMP DATES

June 27—July 1

Camp will begin with registration at Turner Gym on Sunday, June 27, from 3:30-5:00 pm. Dinner for all campers will be at 5:00 p.m. The first session starts at 6:00 pm. Lunch will be served at noon for campers following the last session on Thursday.

FACILITIES:

- Turner Gymnasium
- 3 Full-Court outdoor courts on campus
- Oak Hill's cafeteria for all meals
- comfortable dorm rooms (2-4 campers per room)
- camp t-shirt & flip-flops for each camper
- camp awards

THINGS TO BRING:

- personal toiletries, including towels
- swimming suits, towels
- basketball clothes – Bring Extra Socks!
- Bedding: pillow and sheets
- Fan for the room is recommended

CAMP PHILOSOPHY

Each camper will receive individual instruction in a group setting during drills stressing the fundamentals of ball handling, shooting, passing and both individual and team defense. These principles will be put into game situations through 5X5 team camp games daily. These teams will be coached by camp staff and teamwork fundamentals will be emphasized. Campers will compete in skill contests throughout the week. In addition, special guest lectures will cover broad topics. Past lecturers have included former and current Division I players and college coaches.

CAMP FACTS

Camp Site: Oak Hill Academy
2635 Oak Hill Rd.
Mouth of Wilson, VA 24363
Telephone: (276) 579 – 3224 or 2619
Fax: (276) 579-2618
Visit oak-hill.net for more information
Mike Rodgers
Girls' Head Coach & Camp Director
Phone: (276) 579-2619
Email: mrodgers@Oak-Hill.net

- For Girls ONLY – ages 8-17
- Small Group Instruction and Drills
- Camp Team Games (5X5 and 3X3)!
- Experienced Staff of Coaches and Former Players
- Emphasis on Fundamentals and Game Situations
- AGE and Skill Divisions
- Fun, friendly, supportive environment

Make Checks Payable to:

Oak Hill Academy – Girls Camp
Cost: \$255 (overnight) or \$180 (Day Camper)
A \$100 deposit must accompany each registration form.

***There is a \$20 discount for balances paid in full by June 1 (\$235 or \$160)**

Registration form for Oak Hill Lady Warriors Skills Camp

Camper's Name _____ Parent _____

Address _____

City, State, Zip _____

Email address _____

Age _____ Height _____ Preferred Roommate (s) _____

____ Day camper ____ overnight camper Home phone _____

I hereby release and waive the right to hold liable all sponsoring agencies, individuals, and Oak Hill Academy from any claim for injury or damages which may occur from participating in the Oak Hill Lady Warriors Skills Camp. I certify that my child is in proper physical condition to participate in this camp.

Parent/Guardian Signature _____ Date _____

Emergency Contact Number _____