

# MANSFIELD HIGH SCHOOL GIRLS' BASKETBALL

## *GRADES 4, 5, 6*

# *HORNET HOOP CAMP-SUMMER 2008*

WHERE: MANSFIELD HIGH SCHOOL GYM, MANSFIELD, MA 02048

WHEN: MONDAY, AUGUST 4<sup>TH</sup> TO THURSDAY, AUGUST 7<sup>TH</sup> 8:45 AM-12:00 PM

WHO: GIRLS ENTERING *GRADES 4, 5, 6* IN THE FALL OF 2008

STAFF: DIRECTOR, MIKE REDDING, HEAD COACH, GIRLS' BASKETBALL, MANSFIELD HS  
 ASST. DIRECTOR, BJ SPARROW, VARSITY ASSISTANT, GIRLS' BASKETBALL, MHS  
 ASST. DIRECTOR, THERESA DEGIROLAMO, HEAD FRESHMEN-GIRLS' BASKETBALL  
 ASST. DIRECTOR, HEIDI EGAN, HEAD JUNIOR VARSITY-GIRLS' BASKETBALL  
 FORMER MHS CAPTAINS AND ALUMNI NOW PLAYING ON THE COLLEGE LEVEL  
 CURRENT VARSITY PLAYERS ON THE 2007-2008 MANSFIELD HS BASKETBALL TEAM

CAMP FEE: FEE OF \$65.00 PER PERSON INCLUDES FOUR FULL DAYS OF INSTRUCTION AND AN OFFICIAL MHS CAMP T-SHIRT IF REGISTERED BY JULY 7<sup>th</sup>. PLAYERS SHOULD BRING THEIR OWN SNACKS. DRINKS WILL BE SOLD AT BREAK AT A VERY REASONABLE PRICE. THERE WILL BE DAILY COMPETITIONS FOR AWARDS, ALSO.

CAMP IS PEANUT FREE! PLEASE AVOID SNACKS/FOOD WITH PEANUTS!

(FAMILY RATE FOR HALF-DAY CAMP IS \$95.00)

(FAMILY RATE FOR CAMP 4,5,6 AND 7,8,9 IS \$150.00)

### *TYPICAL DAILY SCHEDULE OF DRILLS/GAMES/EVENTS FOR "HOOP CAMP" 2008 !!!!*

8:45 AM	FREE SHOOTING AND FOUL SHOTS
9:00 AM	STRETCHING, AGILITY AND REACTION DRILLS
9:15 AM	OFFENSIVE DRILLS AND FUNDAMENTAL SKILL DEVELOPMENT PASSING, SHOOTING, DRIBBLING, REBOUNDING, SETTING SCREENS
10:05 AM	BREAK
10:15 AM	DEFENSIVE DRILLS, SKILL DEVELOPMENT AND TEAM DEFENSE STANCE, POSITION, SLIDE, REBOUNDING, MAN-TO-MAN, ZONE
10:45 AM	STAFF LECTURE ON BASKETBALL TECHNIQUE WITH DEMONSTRATION
11:00 AM	PLAYOFF GAMES FOR WNBA (5-6) AND COLLEGE (4-5) DIVISIONS
11:55 AM	CAMP MEETING-AWARD PRESENTATIONS
12:00 PM	PARENT PICK-UP AT MHS GYM ENTRANCE

\*\*\*\* PLEASE SEE OTHER SIDE FOR REGISTRATION FORM AND MAILING INFORMATION \*\*\*\*

**EMASS DIVISION II-SOUTH SECTIONALS: 2001, 2002, 2004, 2005, 2006, 2007**  
**2007-SOUTH SECTIONAL FINALISTS**

**GOALS OF THE CAMP:** PLAYERS WILL BE INSTRUCTED IN THE FUNDAMENTALS OF THE GAME OF BASKETBALL WITH OFFENSIVE DRILLS FOCUSING ON SHOOTING, DRIBBLING AND PASSING. DEFENSIVE DRILLS WILL INCLUDE EMPHASIS ON BOTH MAN-TO-MAN TECHNIQUES AND ZONE RESPONSIBILITY AS WELL AS REBOUNTING TECHNIQUES. THE CAMP IS ALSO DESIGNED TO IMPROVE THE PLAYER'S CONDITIONING, FLEXIBILITY AND TEAMWORK SKILLS. THERE WILL BE TEAM AND INDIVIDUAL COMPETITIONS TO EVALUATE AND IMPROVE SKILLS. ALL AWARDS WILL BE EARNED ON AN INDIVIDUAL BASIS THROUGH COMPETITIONS. THERE WILL BE NO TEAM AWARDS FOR PLAYOFF COMPETITIONS. THESE GAMES ARE TO ENHANCE INDIVIDUAL SKILLS AND PROMOTE TEAMWORK. ALL PLAYERS WILL PLAY THE SAME NUMBER OF GAMES AND AN EQUAL AMOUNT OF PLAYING TIME. WE WANT THE PLAYERS TO LEAVE THE CAMP WITH A STRONG INTEREST IN CONTINUING THEIR BASKETBALL CAREERS ON THE HIGH SCHOOL LEVEL AND WITH A GOOD UNDERSTANDING OF THE GAME.

**ADDITIONAL QUESTIONS OR COMMENTS ???** PLEASE CALL MIKE REDDING AT MHS 261-7540 (# 3167)

**PLEASE CLIP BELOW AND MAIL TO:** GIRLS' YOUTH BASKETBALL CAMP  
C/O MICHAEL REDDING  
MANSFIELD HIGH SCHOOL  
250 EAST STREET  
MANSFIELD, MA 02048

\*\* THE INCREASE IN THE CAMP FEE OF \$10.00 IS DUE TO A "USE OF FACILITY" CHARGE BEING ASSESSED ON SUMMER CAMPS BY MANSFIELD PUBLIC SCHOOLS. THE CHARGE IS \$10.00 PER CAMPER.

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**2008 MANSFIELD HIGH SCHOOL HOOP CAMP FOR GIRLS' BASKETBALL-----REGISTRATION FORM**

NAME \_\_\_\_\_ AGE \_\_\_\_\_ GRADE-FALL OF 2008 \_\_\_\_\_

ADDRESS \_\_\_\_\_ HOME PHONE \_\_\_\_\_

E-Mail Address \_\_\_\_\_

T-SHIRT SIZE (PLEASE CIRCLE ONE) XS S M L XL (ADULT SIZES)

EMERGENCY NAME AND PHONE (8:45 AM-12:00 PM) \_\_\_\_\_

HEALTH INSURANCE PROVIDER \_\_\_\_\_

\*\*The above named has my permission to participate in Mansfield HS Basketball Camp. I understand and accept the condition that Mansfield High School, the Camp Directors or any member of the staff will not be liable for accidents and medical or dental expenses that are incurred as a result of participation in this program. I further release the Mansfield Public Schools against any and all claims.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

DOES YOUR DAUGHTER HAVE A MEDICAL CONDITION OR ALLERGIES? \_\_\_\_\_

PLEASE MAKE CHECK PAYABLE TO: MICHAEL D. REDDING (IND. RATE \$65.00/FAMILY RATE \$95.00)

WE LOOK FORWARD TO SEEING YOU ON MONDAY, AUG. 4<sup>TH</sup> AT 8:45 A.M. AT THE MANSFIELD HIGH SCHOOL GYM. **YOU WILL NOT BE CONTACTED BEFORE THE CAMP!** YOUR CANCELLED CHECK WILL SERVE AS YOUR RECEIPT OF PAYMENT. REMEMBER TO REGISTER BEFORE JULY 7<sup>TH</sup> TO GUARANTEE YOUR DAUGHTER HER EXACT T-SHIRT SIZE. THANKS FOR YOUR SUPPORT AND COOPERATION.