Camp Dates & Fees

Overnight Camp – *University of St. Thomas*

Get ready for the total Tommie Basketball experience! Overnight campers will stay on the UST campus and enjoy first-class facilities where they will have the opportunity to bring their game to a whole new level. Commuter campers will be with the overnight campers all day, but leave at 8 p.m. every night and return the next morning at 8:30 a.m. **A $100 deposit is due at registration for both overnight and commuter campers**. Sign up fast as space is limited!

SESSION 1

__ **OVERNIGHT CAMP**
Girls: Grades 5 – 9
June 23 – 27
$360 (before May 1, 2013) **$380** (after May 1, 2013)
St. Thomas

__ **COMMUTER CAMP**
(8:30 am – 8:00 pm) - **$280**
St. Thomas

Full Day Camps (9:00am – 3:00pm)

*Full payment due with registration

__ **SESSION 2**
Grades 5 – 9
July 8 – 12: $195
Visitation

__ **SESSION 3**
Grades 5 – 9
July 22 – 26: $195
St. Thomas

__ **SESSION 4 (Positional)**
ENTERING Grades 10-12
July 29 – August 2: $195
Hill Murray High

__ **SESSION 5**
Grades 5-9
July 29 – August 2
$195
Hill Murray High

Camp Information

Overnight Camp:

- Tommie Pride drills and skill, scrimmages, fundamentals of offense and defense, and individual instruction.
- Daily activities and competitions
- Interactive motivational sessions
- Daily fundamental and advanced skill instruction
- Meals from breakfast on Monday to lunch on Thursday (Lunch and dinner will be included Monday to Thursday for commuters)
- Safe, secure dorm rooms shared with another camper
- Camp t-shirt
- Camper evaluation and individual certificate of achievement
- Commuter option for campers who do not wish to spend the night
- An amazing, fun-filled basketball week!

Full Day Camp:

- 5 days of hands-on instructional basketball
- Tommie Pride drills, scrimmages, offense and defense fundamentals, and individual instruction.
- Camp t-shirt
- Interactive motivational sessions
- Daily fundamental skill instruction
- Individual certificate of achievement

Positional Camp:

- 5 days of specific, highly skilled positional instruction
- Learn all aspects of your position
- Go head to head against other positional players and learn from Tommie Varsity players
- Instruction and competition will reinforce spacing and movement in the game
- Camp t-shirt

2013

Coach Ruth Sinn Tommie Pride Basketball Camps

Bring Your Game To A New Level

Camp Philosophy

The Tommie Pride Basketball Camps purpose is to provide a positive experience by combining interactive activities geared around basketball both on and off the court. Our goal is to leave the campers with skill development, an increased confidence in both basketball and themselves, and most importantly a memorable experience.

Tommie Pride Camp is run by experienced, positive, caring role models who know the game of basketball and how to teach it to all levels of ability. More importantly, we take great pride in providing a lasting experience for our campers.

First Day Check-In Information

- Check in begins at **8:30 am** in gymnasium for day camps, and **4:30 pm** in Koch Commons for overnight/commuter camp.
- Turn in the completed health history form
- There will be a short awards ceremony on Friday following the last session. This will be on Thursday for the overnight camp!
- Parents are welcome to attend the awards ceremony and watch any of the basketball activities during the week
- Camp ends at 3:00pm

Typical Tommie Day Camp

9:00 am – Theme for the day. Fun Run/Stretch

9:30 am – Basic Fundamentals / Technique Shooting

10:00 am – Scrimmage 3v3

10:45 am – Competition Drill

11:00 am – 1v1 League

11:25 am – Circuit

12:00 pm – Lunch

12:30 pm – Shot Club / Team Competitions

1:00 pm – Passing. Scrimmage 3v3

1:25 pm – Defense

1:30 pm – Fast Break Concepts

2-3 pm – 5v5 Scrimmage

Overnight Camp includes all meals, housing four nights, guard/post breakdowns, special events, open shooting, and individual instruction. 11 pm is lights out!

Camp Director

Ruth Sinn is the University of St. Thomas head women's basketball coach, M.I.A.C. Coach of the Year for the 2007-2008 and 2011-2012 seasons, and a member of the University of St. Thomas Athletic Hall of Fame from her basketball playing days at St. Thomas. Coach Sinn has over 20 years of experience coaching teams and directing basketball camps in the state of Minnesota.

Prior to coaching at St. Thomas, she was the girls' basketball coach at Apple Valley High School where she accumulated a record of 290-170, three state tournament trips, coached in eight section championships and was a five time Section Coach of the Year.

Coach Sinn is an honored member in the Minnesota State Coaches Association Hall Of Fame for her contributions to Girls Basketball and coaching success in the state of Minnesota. She has been a featured speaker a number of times at the Minnesota State Girls High School Coaches Associations annual meetings. Having held many different board positions within Minnesota basketball groups, she has maintained a connection with basketball throughout all age levels state wide.

Coach Sinn has helped develop many players into All-Conference, All-State, MN All Star performers as well as players who were voted Ms. Basketball for the state of Minnesota as the top high school player in the state.

To contact Coach Sinn:
651-962-5931
rasinn@stthomas.edu

Get Registered!

- Send in completed registration form and payment (checks payable to Ruth Sinn).
- Once application and payment are processed, you will receive a confirmation email with additional camp information and health form.
- Spots are limited and are available on a first come-first serve basis, so register early!
- **Cancellation Policy**: A $25 service charge will be held from all refunds. Refunds are permitted for up to 2 weeks before the camp session starts. Within 2 weeks, only verified medical reasons will be accepted. Once camp starts no refunds will be given.

Registration

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Session(s) _____ **Overnight / Commuter (circle)**

Circle Shirt Size (Adult): **S M L XL**

Roommate (residential only) _____

Parent/Guardian Name _____

Phone (H) _____ **(W)** _____

(C) _____

Email _____

Grade (fall 2013) _____ **School** _____

Height _____ **Age (start of Camp)** _____

Parent Agreement:

In case of an emergency, I hereby give my permission to the physician selected by the camp director to hospitalize, secure treatment for, and take all necessary measures to maintain her safety and health. I will be financially responsible for all medical claims for my child and do not hold the University of St. Thomas or Camp Directors liable for any injuries sustained as a result of their participation in the camp. A recent physical examination (within 2 years) for my child indicated no reason she should not participate at camp.

_____

Parent Signature **Date**

Please make checks payable and mail to:

Ruth Sinn
University of St. Thomas
ARC 100
2115 Summit Ave.
St. Paul, MN 55105