

Read and sign the below, cut and return with your check to Tricia Hoffmann

Owatonna Girls Fundamentals Fest

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all claims for damages I may have against School District 761 and the Owatonna Girls Basketball Booster Club or its representatives, successors, and assigns for any and all injuries suffered by me or my child while a participant or spectator at the activity indicated above.

Signature of Parent/Guardian _____

Date _____

Read and sign the above, cut and return with your check to Tricia Hoffman



Camp Director
Tricia Hoffmann

**HUSKIES
BASKETBALL**



2015

**Owatonna Girls
Basketball
Fundamentals
Fest**

**"Some people dream of
success...While others wake
up and work hard at it"**

For Girls entering grades 3-8
(2015-2016)

1 week in June and 2 weeks in July

Camp Dates/Times/Locations

3rd and 4th grade

Dates: (Monday-Thursday)

June 22nd-25th
July 13th-16th
July 20th-23rd

Time: 10:30AM-12:00PM

Location: OHS

5th and 6th grade

Dates: (Monday-Thursdays)

June 22nd-25th
July 13th-16th
July 20th-23rd

Time: 8:45-10:15AM

Location: OHS

7th and 8th grade

Dates: (Monday-Thursday)

June 22nd-25th
July 13th-16th
July 20th-23rd

Time: 7:00-8:30AM

Location: OHS

Check website for any changes:

www.owatonnagirlsbasketball.com

Campers and parents,

The main focus of this camp will be on the basic fundamentals that are used in the game of basketball. Each day players will be taught specific fundamentals that will improve their overall basketball abilities. The fundamentals to be taught will be: footwork, ball handling, passing, rebounding, shooting and defensive principles.

We will also be incorporating CrossFit training into each day. The physical skills that CrossFit enhances are cardiovascular/respiratory endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance and coordination. There will be a different workout done each day that will promote several of these physical skills. To learn more about CrossFit go to: <http://www.crossfitkids.com/>

The emphasis of this camp is on developing the basketball skills of each player along with functional movements that involve exercises that are fundamental to all things kids need to do when they are active.



CrossFit K I D S FORGING THE FUTURE OF FITNESS

Camper Registration

Deadline May 31st, 2013

Camper's name: _____

Address _____

Grade (2015-16 school year) _____

Phone # _____

Name/contact # in case of emergency _____

Camp T-shirt size

Circle one (youth sizes):

Small Large
Medium XL

Circle one (adult sizes):

Small Large
Medium XL

Cost: – \$60 for 12 sessions

Make checks payable to: Tricia Hoffmann

Return this registration form to:

Tricia Hoffmann
1410 14th St. SE
Owatonna, MN 55060

Any questions call:
Tricia Hoffmann 456-4869