

Signature of Parent/Guardian

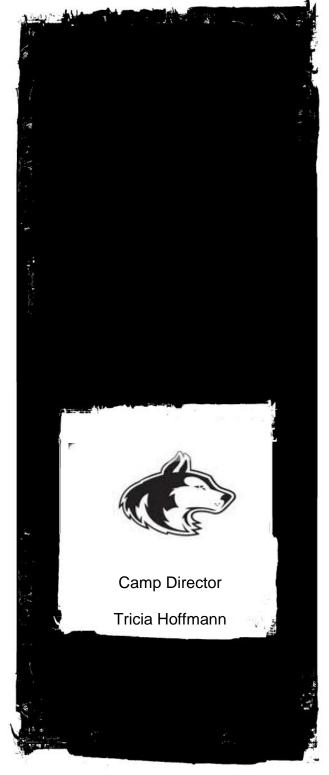
against School District 761 and the Owatonna Girls Basketball Booster Club or its executors, and administrators, waive any and all claims for damages I may have In consideration of your accepting this entry, I hereby, for myself, my heirs,

and assigns for any and all injuries suffered by me or

**Owatonna Girls Fundamentals Fest** 

representatives,

above, cut and return with your check to Tricia Hoffman



### 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**

3<sup>rd</sup> and 4<sup>th</sup> grade

**Dates:** (Monday-Thursday)

June 22<sup>nd</sup>-25<sup>th</sup>
July 13<sup>th</sup>-16<sup>th</sup>
July 20<sup>th</sup>-23<sup>rd</sup>

**Time:** 10:30AM-12:00PM

Location: OHS

5<sup>th</sup> and 6<sup>th</sup> grade

**Dates:** (Monday-Thursdays)

June 22<sup>nd</sup>-25<sup>th</sup>
July 13<sup>th</sup>-16<sup>th</sup>
July 20<sup>th</sup>-23<sup>rd</sup>

Time: 8:45-10:15AM

**Location:** OHS

7<sup>th</sup> and 8<sup>th</sup> grade

**Dates:** (Monday-Thursday)

June 22<sup>nd</sup>-25<sup>th</sup>
July 13<sup>th</sup>-16<sup>th</sup>
July 20<sup>th</sup>-23<sup>rd</sup>

Time: 7:00-8:30AM

**Location:** OHS

Check website for any changes:

www.ow at on nagirls basket ball.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.



## **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 14 <sup>th</sup> St. SE Owatonna, MN 55060
Any questions call: Tricia Hoffmann 456-4869