

Basketball Fundamentals

The Lady Timberwolves Fundamental Basketball Camp will stress the fundamentals of basketball and give athletes an idea of what skills they will need to compete at the high school level. The camp will provide excellent instruction and drill work to improve and challenge all ability levels. Games and competitions will be both fun and beneficial to all participants.

Teaching Emphasis:

Shooting	Ball Handling
Footwork	Passing
Post Play	Guard Play
Offensive Skills	Individual Defense
Rebounding	Teamwork
Team Defense	Attitude

Age Grouping

Campers will be divided up in age groups for most drills and competitions.

Black: 1st- 2nd Grades (9:00 am- 11:30)
White: 3rd- 5th Grades (9:00 am- 11:30)
Maroon: 6th- 8th Grades (9:00 am- 2:30)

Lady Timberwolves Basketball
Woodcreek High School
2551 Woodcreek Oaks Blvd.
Roseville, CA 95747

Woodcreek High School's

**Lady
Timberwolves**
present the



**Fundamental
Basketball Camp**
Summer 2015

*Woodcreek High School
Gymnasium*

Girls grades 1st- 8th
(in Fall 2015)

1st-5th (9:00- 11:30) \$60

6th-8th (9:00- 2:30) \$100

June 22nd - 25th

Monday- Thursday

Gym opens at 8:30 am

**Fundamental
Basketball Camp
Summer 2015**

Information

Where: Woodcreek High School
Age: 1st- 8th grade **(as of next fall)**
Date: June 22nd-25th Mon-Thurs
Time: 8:30 am registration
9:00 -11:30 (1st- 5th grade)
9:00 -2:30 (6th- 8th grade)
Lunch: 11:30- 12:00 You may bring a lunch but we will have the snack bar open and available to purchase lunch.

Cost:
Grades 6th-8th are \$100 (full-day) if pre-registered by June 1st. Registration after June 1st or at the door is \$125.

Grades 1st- 5th are \$60 if pre-registered by June 1st. Registration after June 1st or at the door is \$75.

Make check out to:
Lady Timberwolves Basketball

Send form/payment to:
Coach Beck
Woodcreek High School
2551 Woodcreek Oaks Blvd
Roseville, CA 95747

**All Participants will receive a
camp T-shirt.**

Coaching Staff

Camp is run by the Woodcreek High School Basketball coaching staff including Varsity Coach Raymond Beck. He will be assisted at this camp by his coaching staff and both current and former Timberwolf players.

Message to the Players

The Lady Timberwolves Fundamental Basketball Camp will provide personalized instruction in every phase of the game. Athletes wishing to play for Woodcreek High School will gain keen insight into what the Woodcreek coaching staff is looking for in potential players.

Coach Beck and his staff want players that have the skills to run the floor, handle and shoot the ball, and are not afraid to work extremely hard defensively. The coaching staff is looking forward to seeing you at camp ready to learn, improve and especially have fun.

For the younger players this is a great opportunity to be introduced to the game of basketball in an age appropriate setting. We encourage you to give it a try. We have a younger division for grades 1st-5th that will be a half day camp for \$60 which will get the same quality instruction but in a shorter day.

Hope to see you here.

Head Coach,

Raymond Beck

**Fundamental
Basketball Camp
Sign Up Form**

Name _____

Grade in Fall 2014 _____ School _____

Parent's Name _____

E-mail _____

Address _____

Phone # _____

Emergency Contact _____

Emergency Contact # _____

Shirt Size: youth S M L XL

adult S M L XL

Please contact Raymond Beck with any questions: rbeck@rjuhsd.us or 771-6565 ext 4126.

detach and return with check