

Sample Daily Schedule

- 9:00-9:15 Camp meeting
 Agility and Flexibility Training
- 9:15-10:45 Station Work
 Defensive Fundamentals
 Offensive Fundamentals
 Shooting Drills
 Rebounding Drills
 Ball Handling/Passing Drills
- 10:45-11:15 Team Concepts
- 11:15-12:00 Competition
 (variety of age appropriate games)



Fundamentals Covered

- Individual Defense
- Team Defense
- Rebounding
- Shooting
- Ball Handling
- Passing

What to Bring

- Basketball Shoes / Tennis Shoes
(non-marking soles)
- Shorts
- T-Shirt
- Water Bottle

2012 Basketball Camp Registration

Name _____

Parent/Guardian _____

Address _____

Phone # _____

Emergency Phone # _____

Grade entering in Fall 2012 _____

Age _____

T-Shirt Size (please circle)

Adult Sizes S M L XL XXL

**Please read and sign the release form on
the back of this form, enclose camp fee
and return to:**

Zane Jacobsen

Cheyenne East High School

2800 E. Pershing Blvd.

Cheyenne, WY 82001

*****Please make checks payable to*****

East Thunderbird Basketball



PARENT RELEASE & INDEMNITY AGREEMENT TO:

CHEYENNE EAST YOUTH BASKETBALL CAMP

As parent/guardian of _____, we request this application for the enrollment in the 2012 Cheyenne East Youth Basketball Camp during the dates set forth in this application. We (I) hereby release the Board of Trustees of Laramie County School District #1, Cheyenne East High School & Cheyenne East Youth Basketball Camp from all claims because of any injuries which may be sustained by our (my) son/daughter while attending the 2012 Cheyenne East Youth Basketball Camp. We (I) agree to indemnify the Board of Trustees of Laramie County School District #1, Cheyenne East High School & Cheyenne East Youth Basketball Camp and its employees for any claim which may hereafter be present by our (my) son/daughter as a result of any such injuries.

In Case of emergency that requires immediate action and we (I) cannot be contacted, or time is of the essence, we (I) give permission for the Coaching Staff to make decisions and act on my behalf concerning the welfare of my child.

Participant: _____

Parent / Guardian: _____

Date: _____

Cheyenne East T-Birds



2012 4A Consolation Champions

2007 4A South Regional Champions

2007 4A South Conference Champions

2006 4A State Champions

2006 4A South Regional Champions

2006 4A South Conference Champions

East High Coaching Staff

Coach Jacobsen and the East High coaching staff would like to invite you to the East High Basketball Camp. Our camps will be highly structured, competitive, and stress the fundamentals of the game. We will strive to improve each camper's skill level and knowledge of this great game in a competitive, fun environment.

Current Players

Each day, current and past East players will help demonstrate fundamentals and lead drills that the T-Birds use throughout the season.

Cheyenne East Boys Basketball Skills Camp

June 11-13, 2012

Entering Grades 3-8

9:00-12:00

\$ PRICES \$

\$50.00 Pre-Registration

Includes three days of exciting basketball, camp t-shirt, and sports drink each day.

\$40.00 Sibling of paid camper.

Second child registered from same family.

\$55.00 Late Registration

8:00 - 9:00 a.m. on Monday June 11, 2012.

