



Camp Application

2012

Camper Name _____ Age _____

Address _____

City _____ State _____ ZIP _____

Home phone _____ Cell Phone _____

Email Address _____

Date of Birth (m/d/yr) _____ Entering Grade _____ fall of 2012

School _____

T-shirt size (circle one):

Adult sizes: S M L XL XXL Youth sizes: M L

Please check the camp(s) you wish to attend and circle options that apply:

Girls Elite Camp (June 16) (rising 8th –12th grades) \$ 75

Girls Shooting School (June 17) (ages 8 - 17) \$ 75

Note: \$30 discount if attending both camps (\$120 total)

Level of Play (circle one) Beginner Intermediate Advanced

Position of Greatest Interest (circle one) Guard Post

Girls Day Camp (June 18-21) (ages 8-17) \$200

Level of Play (circle one) Beginner Intermediate Advanced

Position of Greatest Interest (circle one) Guard Post

Girls Team Camp (Aug 9-11) (circle option) \$425/team

Level of Play (circle one)

Low JV High JV/Low-Varsity High-Varsity/AAU

Team Name _____

Head Coach _____

Head Coach Phone _____

- All applications should be accompanied by a \$50 nonrefundable deposit or full amount of camp.
- Complete this application and return it with your full payment or deposit to reserve your space at camp.
- Camps are open to any and all entrants. (girls)
- Make checks payable to Barefoot Basketball Inc.
- All photos taken during camp could be used in future publications.

Return application to : Barefoot Basketball Inc.
771 W. 48th St
Norfolk, VA 23508



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771 W 48th St
Norfolk, VA 23508



STEP UP YOUR GAME

The Karen Barefoot **BASKETBALL CAMPS** at Old Dominion



- June 16 Elite Camp (grades 8-12)
- June 17 Shooting School (ages 8-17)
- June 18-21 Day Camp (ages 8-HS Senior)
- Aug 9-11 Team Camp (JV - Varsity)



STEP UP YOUR GAME

BarefootBasketball@gmail.com

757.817.0525



FUNDAMENTALS DAY CAMP

June 18-21 9am - 4pm

Ages 8 - 17 (rising senior)

BarefootBasketball@gmail.com

757.817.0525

CAMP FEATURES

- Emphasis on improvement of FUNdamental Skills
- Free throws, Shooting, Rebounding
- Individual Defense and Offense
- Team Defense and Offense
- Individual Instruction, Daily Stations, Daily Contests
- Grouped by age and ability
- Campers receive T-shirt and Basketball

CAMP FEES

- \$200 per Camper
- Campers must bring their own lunch

SAMPLE DAY CAMP SCHEDULE

- 8:15 am Check in/Registration
- 9:00 am Introductions/Rules/Schedule
- 9:45 am Warm-up and Stretch
- 10:15 am Skill work
- 11:30 am Coach Barefoot Energizer
- LUNCH BREAK
- 1:00 pm Coach Barefoot Energizer2
- 1:30 pm Competitive Shooting
- 2:40 pm Offensive Skills
- 3:15 pm Competitions
- 4:00 pm Dismissal



Old Dominion University

Head Women's Basketball Coach, **KAREN BAREFOOT**, invites you to join her this summer and **STEP UP YOUR GAME**.

Along with her coaches and current/former players, she wants to share her passion and skills for the game with you! Barefoot is a Hampton Roads Native and proven winner as a player and coach. Come feel the energy of the Lady Monarch Basketball program and participate in Summer Camp.

Coach Barefoot has won a National Championship, multiple championships, accumulated over 200 wins and is 1st player in NCAA history to score 2000 points and give 1000 assists in a career. Learn from the BEST and be inspired to be your BEST!!!



TEAM CAMP

Aug 9-11 \$425 per team

Girls JV - Varsity

CAMP DETAILS

- 6 games guaranteed - 1 Thurs, 3 Fri, 1 Sat, followed with a single game elimination tournament
- Sign up as a team - \$425 per team
- Games played on Old Dominion campus
- Certified Trainers on Site
- All-Star Game Friday night
- Meals & Lodging - teams from outside the area and need to stay overnight, contact us for information regarding lodging options. Several great places to stay within minutes of ODU's campus.
- No meals provided by Barefoot Basketball

Team Camp Coordinator: Matt White

937.238.4753

Matthew.white3@gmail.com



ELITE CAMP

June 16 9am - 5pm

Rising 8th - 12th Grade

CAMP FEATURES

- Individual Instruction
- Explosion Drills
- Shooting Drills
- Transition Game
- 1 on 1 and 3 on 3
- Ball Handling
- Passing and Catching
- Skill work in phases by position

CAMP FEES

- \$75 to attend either the Elite Camp or the Shooting School ... Enrollment Limited, Don't Delay
- \$120 - Save \$30 when you attend both the Elite Camp and the Shooting School
- Campers must bring their own lunch



SHOOTING SCHOOL

June 17 9am - 5pm

Ages 8 - 17 (rising senior)

CAMP FEATURES

- Individual Instruction
- 1 on 1 3 on 3
- Daily Station Drills
- Contests and Competitions
- Game-like Shots
- Free-throws
- Grouped by age and ability