

Look

NEW DATES & TIMES
May 31 - June 3, 2011

Lady Cats Summer Basketball Camp

Incoming Grades 3-9



Janet Holst, Head Girls BB Coach
Salem Community High School
1200 N. Broadway
Salem, IL 62381

Medical Release Form

We, _____ hereby consent to the participation of _____ in the summer girls basketball program conducted by Janet Holst and her staff. We hereby release Janet Holst, staff, and Salem Community High School from any and all liability arising from participation. We agree to accept all responsibility for any accident or injury incurred by our daughter while engaged in these activities.

Dated this _____ day of _____, 2011 _____

Parent /Guardian Signature _____

Lady Cats Coaching Staff

Janet Holst, Head Coach

- Illinois Basketball Coaches Association Head Coach AA South All-Stars Summer 2007
- IBCA All-State and Hall of Fame Committees
- IHSA Basketball Advisory Committee Member 2007-2009
- Twenty-four years head coaching experience, 16 at SCHS
- Began coaching career on Navajo Indian Reservation in Newcomb, New Mexico in 1987-88
- 450 career wins, 316 at SCHS
- Three state tournament appearances in the state of New Mexico— 1993, 1994, 1995
- 1999 Illinois State Tournament appearance
- 7 Regional Championships — 1999, 2003, 2005, 2008, 2009, 2010, 2011
- Sectional "Sweet Sixteen" Appearances— 1999, 2008, 2010
- North Egypt Conference Champions — 1999,
- Apollo Conference Champions— 2005, 2008, 2009, 2011

Megan Kessler, Assistant Coach - 8 years

- Graduate of SIU-Edwardsville with degree in physical education
- Played four years NCAA D-II basketball at SIU-Edwardsville
- Over 1,000 career high school points
- Starting center on 1999 SCHS state tournament team

Tom Owen, Assistant Coach - 4 years

- Thirteen years head coach at Selmaville compiling a record of 234-97
- Eight SIJHSAA state tournament appearances.
- 13 years of assistance to Lady Wildcats Summer Basketball Program

Camp Focus

This camp helps develop the fundamental skills of each basketball player. Our coaching staff provides detailed instruction on ball handling, passing, dribbling, footwork, defense, and rebounding. Campers will participate in league games, along with individual competitions. Girls entering grades 3-9 in the fall of 2011 are eligible to attend.

Camp Features

- Develop your game with personal coaching tips from Lady Wildcat coaches, and players
- Low camper to coach ratio
- Individual and Team Contests
- Free camp T-Shirt
- Great awards and prizes

Sample Day

- Stretches & Plyometrics
- Station Work—Shooting, Passing, Cutting, Defense, Ball-Handling, Rebounding
- Individual Contests
- Shooting footwork & form drills
- 3 on 3 and/or 5 on 5 Games



Registration Form

_____ \$55—May 31 3:45-5:30 pm
June 1-3 8:15-10:30 am
(Incoming Grades 3, 4, 5, 6)

_____ \$55—May 31 5:30-7:15
June 1-3 10:45-1:00
(Incoming Grades 7, 8, 9)

\$10.00 Discount for 2 or more from same family

CHECKS PAYABLE TO: LADY CATS BASKETBALL

Camper's Name _____

Date of Birth _____

Parent's Name _____

Address _____

City _____ Zip _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email Address _____

Family Physician _____

Physician Phone _____

Grade Just Completed _____

Grade School Attended _____

T-Shirt Size: Youth Size S M L

Adult Size S M L XL

Return Camp Registration and Payment to:

Janet Holst, Head Girls B.B. Coach
Salem Community High School
1200 North Broadway
Salem, IL 62881