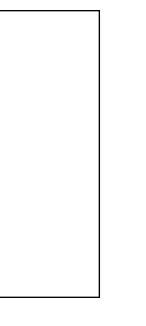


Janet Holst, Head Girls BB Coach Salem Community High School 1200 N. Broadway Salem, IL 62881



Medical Release Form

	Dated this day of	responsibility for any accident or injury incurred by our daughter while engaged in these activities.	Salem Community High School from any and all liability arising from participation. We agree to accept all	girls basketball program conducted by Janet Holst and her staff. We hereby release Janet Holst, staff, and	We, hereby co
Parent / Guardian Signature	, 2011	curred by our daughter while engaged in	and all liability arising from participation	net Holst and her staff. We hereby relea	hereby consent to the participation of
		these activities.	. We agree to accept all	se Janet Holst, staff, and	in the summer

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