

Read and sign the below, cut and return with your
check to Tricia Hoffmann

Owatonna Girls Basketball



2014

Shooting Camp

For girls entering Grades 3,4,5 and 6

*If you do the work you get
rewarded, there are no
shortcuts in life*

-Michael Jordan



Camp Instructors

Tricia Hoffmann
Jess Hanson

Website:

www.owatonnagirlsbasketball.com

Owatonna Girls Shooting Camp

In consideration of you r accepting this entry, I hereby, for myself, my heirs,
executors, and administrators, waive any and all claims for damages I may
have against School District 761 and the Owatonna Girls Basketball Booster
Club or its representatives, successors, and assigns for any and all injuries
suffered by me or my child while a participant or spectator at the activity
indicated above.

Signature of Parent/Guardian

Date

Read and sign the above, cut and return with your check to Tricia Hoffmann

Camp Dates/Times/Locations

6th Grade

Dates: Monday-Friday
June 16th-20th

Time: 7:30-8:45AM

Location: OJHS

5th Grade

Dates: Monday-Friday
June 16th-20th

Time: 9:00-10:15 AM

Location: OJHS

3rd and 4th Grade

Dates: Monday-Friday
June 16th-20th

Time: 10:30-11:45AM

Location: OJHS

Campers and Parents,

This camp will focus on the correct techniques while shooting a basketball. The skills that will be emphasized and demonstrated each day will be: proper footwork for shot preparation, hand/elbow placement, feet/knee position, eyes and follow through.

Campers will get a lot of repetition on correct shooting form. They will learn set shots, shots off the dribble, lay-ups, power lay-ups and free throw shooting techniques.

There will be shot training aids used over the course of the week.

It is our hope that teaching our young players the correct shooting techniques at a young age and early in the summer, the girls will become more consistent shooters as they develop and will be practicing the correct form while shooting.

The focus of this camp is shooting only.

Camper Registration

Deadline May 31st, 2014

Camper's Name:

Address:

Grade (2014-2015 school year)

Phone #

Name/contact # in case of emergency

Cost: \$40

Make checks payable to: Tricia Hoffmann

Return this registration form to:

Tricia Hoffmann

1410 14th ST. SE

Owatonna, MN 55060

Any questions call:

Tricia Hoffmann 456-4869