

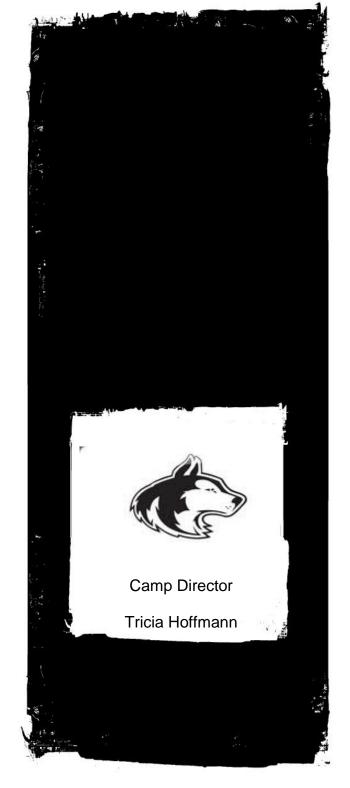
Signature of Parent/Guardian

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

against School District 761 and the Owatonna Girls Basketball Booster Club or its executors, and administrators, waive any and all claims for damages I may have In consideration of your accepting this entry, I hereby, for myself, my heirs,

for any and all injuries suffered by me or

Owatonna Girls Fundamentals Fest



HUSKIES BASKETBALL



2014

Owatonna Girls Basketball

Fundamentals Fest

"Some people dream of success...While others wake up and work hard at it"

For Girls entering grades 3-8 (2014-2015)

1 week in June and 2 weeks in July

Camp Dates/Times/Locations

3rd and 4th grade

Dates: (Monday-Thursday)

June 23rd-26th July 14th-17th July 21st-24th

Time: 7:30-8:45AM

Location: OHS

5th and 6th grade

Dates: (Monday-Thursdays)

June 23rd-26th July 14th-17th July 21st-24th

Time: 9:00-10:15AM

Location: OHS

7th and 8th grade

Dates: (Monday-Thursday)

June 23rd-26th July 14th-17th July 21st-24th

Time: 10:30-11:45AM

Location: OHS

Check website for any changes:

www.ow at on nagirls basket ball.com

Campers and parents,

The main focus of this camp will be on the basic fundamentals that are used in the game of basketball. Each day players will be taught specific fundamentals that will improve their overall basketball abilities. The fundamentals to be taught will be: footwork, ball handling, passing, rebounding, shooting and defensive principles.

We will also be incorporating CrossFit training into each day. The physical skills that CrossFit enhances are cardiovascular/respiratory endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance and coordination. There will be a different workout done each day that will promote several of these physical skills. To learn more about CrossFit go to: http://www.crossfitkids.com/

The emphasis of this camp is on developing the basketball skills of each player along with functional movements that involve exercises that are fundamental to all things kids need to do when they are active.



Camper Registration

Deadline May 31st, 2013

Camper's name:	
Address	
Grade (2014-15 school year)	
Phone #	
Name/contact # in case of emergency	
Camp T-shirt size Circle one (youth sizes):	
Small Large	
Medium XL	
Circle one (adult sizes):	
Small	Large
Medium	XL
Cost: - \$60 for 12 sessions	
Make checks payable to: Tricia Hoffmann	
Return this registration form to: Tricia Hoffmann	
1410 14 th St. SE	
Owatonna, MN 55060	
Any questions call:	
Tricia Hoffmann 456-4869	