

CAMP APPLICATION

St. Croix Boys and Girls Camp

Please Print

Male _____ Female _____

Name _____

Address _____

City/State/Zip _____

Grade (Fall of 2016) _____

Home Phone _____

Emergency Phone (other than parent) _____

E-mail _____

Please Print Clearly and Legibly for Confirmation

Adult T-Shirt Size (Please circle) S M L XL XXL

PARENT CONSENT

(Please Read and Sign Below)

If your son or daughter will be under the age of 18 years while at our camp, it is our policy to secure consent for medical treatment. In case of illness or injury, permission is granted to treat the participant at an appropriate medical facility. By signing you are giving your consent in advance for medical treatment. Furthermore, as a participant in the camp, I hereby state that I am aware of and accept the risk inherent in the program activity. The above signed does hereby agree to hold harmless and indemnify Take It To The Rim II, Take It To The Rim, Inc., or Somerset Perimeter Camp, their offices, agents, and employees, from any and all liability, loss, damage, costs, or expenses which are sustained, incurred or required arising out of the actions of my dependent in the course of the camp.

Parent/Guardian Signature: _____

Date: _____

Detach here and mail

MESSAGE FROM COACH LARSON

As high school coaches, we know we want our players to have the self-discipline to work out on their own and to do more than just play. Having had the opportunity to be a high school coach for twenty eight years my best teams, teams that won conference championships and competed for state titles, were tremendous offensively. Everyone playing had the ability to put the ball on the floor, make plays, and make shots. These abilities were developed in the off season and at Take It To The Rim Basketball Camp. Running Take It To The Rim Basketball Camp is an extremely serious endeavor. Watching a camp session, I would hope you see someone passionately teaching the game of basketball. Each camp session is carefully planned to maximize the number of quality repetitions a player achieves. Each camper has a basketball and there is no down time. I want this to be an intense learning experience, increasing the work ethic, effort, confidence, and enjoyment for each camper. When returning home I would hope you would see a more energized player who is working for a purpose. I know that is what I want as coach. Having had the opportunity to watch Sean Miller, Billy Donovan, and Rick Pitino run individual instruction has helped me to put together a quality individual instructional program. If you have any questions regarding camp, please do not hesitate to contact me. I hope to have the opportunity to work with your players this summer.

Topics Covered at Camp:

- Emphasis on 4-5 dribble moves.
- Offensive footwork in terms of squaring up, moving the defense and then attacking.
- Finishing at the rim, making lay-ups.
- Breaking pressure, creating space, and attacking the press.
- The ability to pivot vs. pressure.
- Organizing your off season ball handling and shooting workouts.

Forrest Larson
1367 Edgewood Drive
Lake Geneva, WI 53147

3rd ANNUAL TAKE IT TO THE RIM BASKETBALL CAMP

Featuring Forrest Larson

FIVE SESSION
OFFENSIVE SKILLS
BOYS AND GIRLS
GRADES 6-12

SUMMER 2016

SPONSORED IN CONJUNCTION
BY ST. CROIX LUTHERAN AND
SIMLEY HIGH SCHOOL

CAMP WILL BE CONDUCTED
AT SIMLEY HIGH SCHOOL
290 80TH ST. E.
INVER GROVE HEIGHTS, MN 55076

MONDAY, JULY 25th and
TUESDAY, JULY 26th

CAMP DIRECTOR

Forrest Larson

Forrest Larson has coached for 28 years on the high school level in the state of Wisconsin. He was recently awarded the prestigious Steven L. Randall Award by the Wisconsin Basketball Coach's Association for integrity, passion and professionalism in teaching and coaching. In 2011 he was inducted into the Wisconsin Basketball Coach's Hall of Fame.

His 2007-2008 Badger team qualified for the state tournament and won Sectional, Regional and Lakeshore Conference championships. Previous to coaching at Lake Geneva Badger, Larson spent 15 years coaching in Ladysmith, WI. He was named the 2003 Wisconsin High School Coach of the Year. Under Larson Ladysmith made four trips to the state tournament winning the State Championship in 2003 and finishing second in 2002 and 1997. His teams won Heart of the North Conference Championships in '92, '94, '95, '97, '02 and 2003. His 2015 Badger team won the Southern Lakes Conference Championship. The success of those teams was based on their offensive perimeter skills. Coach Larson has spoke at over 150 basketball camps and clinics in 15 different states. He has produced four well known offensive skills DVD's; Take It To The Rim, 100 Trips: The Full Court Workout, Getting Better With The Basketball, and Getting Better With The Basketball II. He is highly involved and directs the Take It To The Rim Camps in the Midwest with a tremendous amount of energy and enthusiasm.

IMPORTANT INFORMATION

All campers must have their own medical insurance.

Please note any allergies and pertinent medical / insurance information. **A doctors statement of health for the 2015-2016 athletic year or a current school physical card (within 2 years) is required to attend camp.** A doctor's statement of health can be downloaded at takeittotherim.com and sent at a later date or brought to camp.

CAMP SCHEDULE

Day One:

| | |
|---------------|-------------------------|
| Registration | 7:15 a.m. to 8:00 a.m. |
| Session One | 8:00 a.m. to 11:00 a.m. |
| Session Two | 11:45 a.m. to 2:45 p.m. |
| Session Three | 3:30 p.m. to 5:30 p.m. |

Day Two:

| | |
|--------------|-------------------------|
| Session Four | 8:00 a.m. to 11:00 a.m. |
| Session Five | 11:30 a.m. to 1:30 p.m. |

Camp enrollment is limited to 100 players. This is a commuter camp, all players are responsible for their own lodging and meals. Players may bring coolers or leave to eat meals.

Camp Fee is: \$130 per player

(Make all checks payable to: St. Croix Lutheran)

Send application and camp fee to:

Jay Wendland
St. Croix Lutheran
1200 Oakdale
West St. Paul, MN 55118

Please feel free to call or e mail with any questions:

Forrest Larson 262-215-2901 coach@takeittotherim.com

Registration and conformation information contact:

Jay Wendland 651-455-1521, ext. 132

jwendland@stcroixlutheran.org

Once your application and camp fee are received, you will receive a confirmation email. Please make sure your email address is correct and legible. Should you have the unfortunate circumstance of canceling your camp attendance, a \$40 administration fee will be deducted from your refund. **No refunds one week prior to camp.**

LISTEN TO WHAT THE COACHES AND PLAYERS ARE SAYING

"Forrest Larson is proof that you can be a great teacher of the game no matter where you are. I would send my son or daughter to the Take It To The Rim Basketball Camp in a New York minute."

Dick Bennett
Former Wisconsin/Washington State Coach

"Forrest is one of the best I have ever seen working with young players improving their dribbling and ball handling skills. Our staff and players always look forward to inviting him to the Iowa Basketball Camps each summer."

Steve Alford
UCLA Head Coach

"At the Take It To The Rim Basketball Camp you will use many of the same drills that we use in our own individual instruction program. The Take It To The Rim Basketball Camp is one of the best instructional and skill development camps in the country. "If you are serious about putting in the time and effort that it takes to become a better basketball player; I would strongly recommend the Take It To the Rim Basketball Camp be a part of your summer schedule."

Billy Donovan
Florida Head Basketball Coach

Coach Larson does an outstanding job of teaching players how to build an effective ball handling program. Motivation, goal setting, and intense drills are part of a productive package. He's one of the best teachers I've ever seen."

Tom Davis
Former Head Coach
University of Iowa/Drake University

"Coach Larson not only taught me the skills and drills to become a great ball handler, but also stressed the attitude and habits that have resulted in my earning a college scholarship. I have encouraged anyone who is passionate and committed to the game of basketball to attend Forrest's Camp. I couldn't have done it without him."

Jesse Clark
Mankato State University

Career Highlights:

- **2009 - Tied for #1** - Best Assist-to-Turnover Ratio - for all NCAA players Division 1
- **2009 - Led** all of NCAA Division II in Assist-to-Turnover Ratio
- **2010 -** Currently 3rd in the Nation - Best Assist-to-Turnover Ratio
- **2010 -** 2nd All Time Career Assists (500+) Mankato State
- **3 Year Team Captain**
- **2007+** - Been a Top 5 Leader in Assist-to-Turnover Ratio for College Career