

# HFL Girls Basketball Skills Camp

**“To give less than your best is to sacrifice the gift”**



Program Director: Megan Mansfield, Former HFL Girls Basketball Coach at all levels:

Modified B – 3 years (2001-2004)

Modified A – 2 years (2012-2014)

Head JV Coach and Varsity assistant – 8 years (2004-2012)

When: July 5-7 (Wednesday-Friday due to the July 4<sup>th</sup> weekend)

Where: High School A Gym

Time: 8:00am-12:00pm

Registration Fee: \$110

Participants: Players of any age looking to improve their individual basketball skills

The annual HFL Girls' Basketball Skills Camp encourages the HFL girls basketball players to come together for a week of individual skill development including ball handling, shooting, passing, and moves to the basket. There will also be an emphasis on speed, quickness, agility, and coordination development as well as injury prevention that will benefit athletes in any sport. The last day includes a day of skills competition and fun games to wrap up the camp. This camp is open to any girls' basketball player looking to improve their individual basketball skills. Beginner basketball players up to the most advanced players can benefit from this camp, especially since the emphasis during the season for Modified A up through Varsity is on team strategies, with limited time available for basic skill improvement and development. This is a great opportunity to improve those skills in a fun and positive environment!

---

## Registration:

Name \_\_\_\_\_ Grade (Fall 2017) \_\_\_\_\_

Address \_\_\_\_\_

Emergency Phone and Contact \_\_\_\_\_

Email \_\_\_\_\_

Parent/Guardian name and number \_\_\_\_\_

Checks payable to:

HFL Girls Basketball  
27 Rodney Drive  
Honeoye Falls, NY 14472  
C/O Megan Mansfield