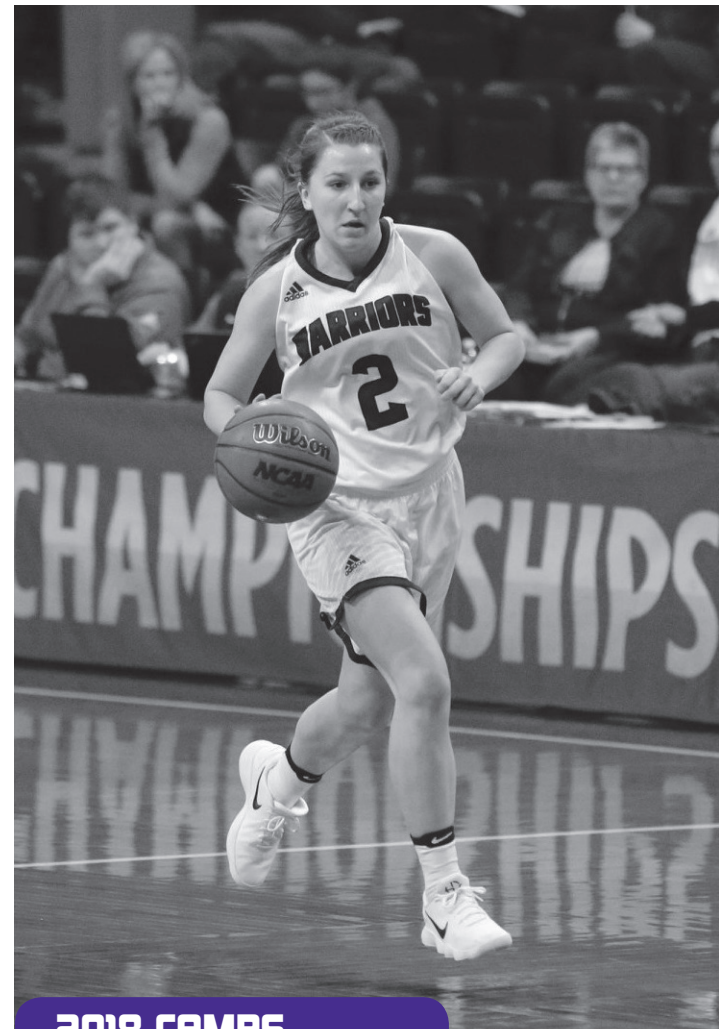




WINONA STATE WARRIOR BASKETBALL CAMPS



2018 CAMPS

July 16-19	JUNIOR WARRIORS CAMP	Grades K-5
July 16-17	SHOOTING & OFFENSIVE SKILLS CAMP	Grades 6-12
July 18-19	WARRIOR SKILLS TRAINING CAMP	Grades 6-12

Camp Registration

Make checks payable to:
"Winona State University Women's Basketball"

(Check ALL that apply)

- Junior Warriors Camp \$40.00
- 3-on-3 League \$50.00
- Shooting & Offensive Skills Camp \$70.00
- Warrior Skills Training Camp \$70.00
- BOTH Shooting & Offensive Skills AND Warrrior Skills Training Camp \$115.00

Amount Enclosed: _____
 Full Amount Enclosed: _____

For More Information Contact

Ana Wurtz
awurtz@winona.edu
920.517.7863

Online Registration
www.winonastatewbbcamps.com



Women's Basketball Camps
Winona State University
P.O. Box 5838
Winona, MN 55987
337053

JUNIOR WARRIORS CAMP

Grades K-5 July 16-19

Cost: \$40

Camp: 9:00am – 11:00am

Camp Focus: This camp is designed to improve each camper's skill and knowledge of the game through extensive interaction with Winona State staff and players. Campers will learn the fundamental skills for team play and individual skills such as ball handling, passing, shooting and defense in a positive and fun environment. There will be many opportunities for campers to put their new knowledge to work in competitive drills and games.

- **3 on 3 games**
- **5 on 5 games**
- **Skills Competitions**
- **Prizes!**
- **Camp T-shirt**

3-ON-3 LEAGUE

Grades 3-8 Sept. 8th, 15th, 29th

Cost: \$50, \$25/additional sibling

Camp: 9:30am – 11:00am

Camp Focus: During 3 different sessions, participants will work on skill development, fundamentals, and play 3-on-3 games. Participants may sign up individually or as a team. At one Winona State double header, your child will be coached by our women's players at halftime of the men's game.

- **Instruction from WSU Women's players and staff**
- **Free admission to one scheduled WSU double header (TBD).**
- **Play a 10 minute game at halftime of WSU game**
- **Camp T-shirt**



SHOOTING AND OFFENSIVE SKILLS CAMP

Grades 6-12 July 16-17

Cost: \$70 or \$115 (if also attending Warrior Skills Camp)

Camp: 1:00 – 4:00pm

Camp Focus:

- Shooting efficiency and eliminating wasted motion from shooting technique to develop a quicker release
- Increasing footwork speed
- Developing a solid foundation off the dribble or out of triple threat
- Game concepts that will prepare campers for faster/quicker opponents
- Providing players with a variety of finishing moves to use off the dribble or at the rim
- Creating space with the use of countermoves to create higher percentage/uncontested shots.
- **1 on 1 games**
- **2 on 2 games**
- **Shooting Contests**
- **Prizes!**
- **Camp T-shirt**

WARRIOR SKILLS TRAINING CAMP

Grades 6-12 July 18-19

Cost: \$70 or \$115 (if also attending Warrior Shooting & Offensive Skills Camp)

Camp: 1:00 – 4:00pm

Camp Focus: The goal of this camp is to help develop a complete basketball player. Our experienced camp staff, including some Winona State players, will focus on skill development in all areas of basketball including ball handling, passing, footwork, defense, screening, and rebounding. Campers will also spend some time on maximizing their foot speed with proper training techniques to help take their game to the next level. Campers will be separated into teams according to age and skill level and will participate in a variety of team and individual competitions.

- **3 on 3 games**
- **5 on 5 games**
- **Skills Competitions**
- **Prizes!**
- **Camp T-shirt**

"On behalf of the entire Winona State basketball family we want to welcome you to this year's warrior basketball camps. We are committed to helping you reach your goals and become a better player in a fun learning environment."

— Coach Ballard

REGISTRATION

ONLINE: www.winonastatewbbcamps.com

Checks Payable and Mail to:

Winona State University Women's Basketball
P.O. Box 5838, Winona MN 55987

Name _____
First MI Last

Camper's Birthday: _____

Grade Fall 2018: _____

T-Shirt Size: YS YM YL S M L XL XXL

How did you learn about the camp? _____

Address: _____

City/State/Zip: _____

Telephone: _____

Emergency Contact Name & #: _____

Parent's E-Mail: _____

Insurance Company: _____

Policy #: _____

I (We) understand and acknowledge the Winona State Basketball Camp, the State of Minnesota, and Winona State University are not responsible for any injuries or illness of my daughter existing prior to her participation in camp. I (We) hereby authorize the employees of the foregoing entities to act accordingly to their best judgment in a situation regarding medical attention, in an emergency or not, until such time as I (we) am (are) contacted to make decisions concerning treatments. I (We) understand that treatment of minor injuries, such as an ankle sprain, can be treated with conservative protocols such as ice and compression, but no medication will be administered to my (our) daughter without prior written or oral authorization from me (us) unless and emergency condition require otherwise. I (We), on behalf of myself (ourselves) and my (our) minor daughter, hereby release members associated with the Winona State University Basketball Camp. I (We) further agree to indemnify the above listed, and to hold the foregoing entities from any and all claims for injury or property damage which are caused by or are the result of actions or omissions of my (our) daughter.

I understand that if my child is diagnosed with a concussion or concussion-like symptoms at a Winona State University Athletic Camp, they will no longer be allowed to participate at camp. As a parent/legal guardian I must make arrangements to remove the child from camp as soon as I have been notified of my child's condition.

Please check box Initial _____ Date _____

Signature _____

REGISTER ONLINE: www.winonastatewbbcamps.com