

## BASKETBALL SCHEDULE

**June 4-7, 2018**

(Monday-Thursday)

*Girls entering Grades 3, 4, 5, 6, 7 & 8*

### MORNING SESSION

Grades 6, 7 & 8th 🏀 9:00am-11:30am

### AFTERNOON SESSION

Grades 3, 4, & 5th 🏀 12:30pm-3:00pm

## PROGRAM TOPICS

1. Fundamentals
    - A. Shooting (jumpshots, lay-ups, free throws)
    - B. Passing
    - C. Dribbling
    - D. Rebounding
    - E. Movement (pivots, screens, flash and cuts)
  2. Position Play
  3. Individual / Team Defense
  4. Flexibility
  5. Drill Stations
    - 🏀 Games (3 on 3, 5 on 5)
    - 🏀 Free Throw Contest
    - 🏀 3 on 3 & 5 on 5 Championships
    - 🏀 Hot Shot Competition
    - 🏀 Instruction Tapes
- FOR EACH CAMPER:**
- 🏀 OHS BB Camp T-shirt
  - 🏀 Coach's Evaluation
  - 🏀 Certificates and Awards

## VOLLEYBALL/BASKETBALL CAMP APPLICATION

(Be sure to fill out Release Form on backside)

NAME \_\_\_\_\_

PARENT/GUARDIAN NAME(S) \_\_\_\_\_

Current School: \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ ENTERING GRADE \_\_\_\_\_

Email Address: \_\_\_\_\_

Who to contact in case of emergency:

Name: \_\_\_\_\_ # \_\_\_\_\_

**Shirt size: (adult) S M L XL**

**(youth) S M L XL**

**PLEASE MARK (x) WHERE MONEY GOES**

| Basketball               | Volleyball               | Both                     |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

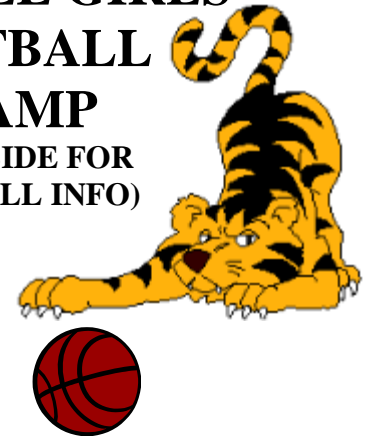
**Cost - \$65 per student or attend both camps & pay only \$110.**

**Make checks out to Oakville Athletics.**  
***Oakville High School, 5557 Milburn Rd***  
***St. Louis, Missouri 63129***

For forms/information call 467-7202 or go to [OHS Tigers.com](http://OHS Tigers.com)

## OAKVILLE GIRLS BASKETBALL CAMP

(SEE BACKSIDE FOR  
VOLLEYBALL INFO)



**June 4-7, 2018**

**(Monday-Thursday)**

**For Girls Entering:**

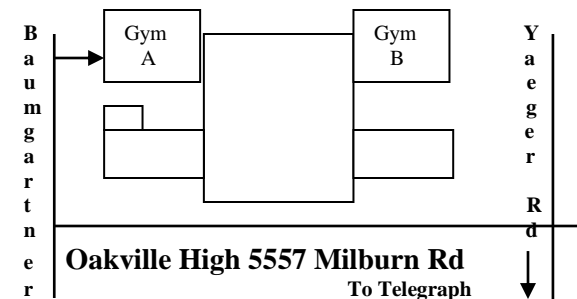
**Grades 6, 7 & 8<sup>th</sup>**

9:00-11:30 am

**Grades 3, 4, & 5<sup>th</sup>**

12:30-3:00 pm

## OAKVILLE HIGH SCHOOL GYM A



**IMPORTANT!!** Money & Registration need to be turned into the athletic office no later than May 28th, 2018 to guarantee a t-shirt! Please mark the t-shirt size on the form!

# VOLLEYBALL SCHEDULE

**June 4-7, 2018**

**(Monday-Thursday)**

*Girls entering grades 3, 4, 5, 6, 7, & 8*

## MORNING SESSION

Grades 3, 4, & 5 🏐 9:00-11:30 am

## AFTERNOON SESSION

Grades 6, 7 & 8 🏐 12:30-3:00 pm

## PROGRAM TOPICS

1. Fundamentals
  - A. Passing
  - B. Setting
  - C. Hitting
  - D. Overhand Serving
  - E. Blocking
  - F. Proper Footwork
2. Defense / Offense
  - A. Individual / Team
  - B. Strategies
3. Competition
  - A. Queen of the Court
  - B. Individual Skills
  - C. 6 on 6 Tournament

## FOR EACH CAMPER

- 🏐 OHS VB Camp T-Shirt
- 🏐 Coach's Evaluation/Skill Sheet
- 🏐 All Star Team & Camp Certificates

# CAMP RELEASE FORM

(Be sure to fill out application form)

This to certify that

\_\_\_\_\_ (Camper's name)

**is physically fit to participate in all activities at the basketball and/or volleyball camp(s), and has had a recent physical exam.**

*Oakville Girls Basketball/Volleyball Camp Release and Waiver of Liability:* I understand that playing or participating in the above sport(s) may be a potentially dangerous activity with the risk of injury. I understand that in any contact sport, such as the sport involved at this camp, an athletic participant can be seriously hurt. I am aware that the dangers and risk of my child/ward playing or participating in the above sport include, but are not limited to, falls, contact or collisions with other participants, equipment and facilities and the effects of weather, including heat and humidity. I understand that my child/ward may incur a serious injury including paralysis or death, as a result of the dangers and risks associated with the above sport(s). I have certified to the coach, by my signature below, that my child is in good health and physical condition and sufficiently able to participate in the camp. I understand that the coach recommends that my child/ward obtain a physical examination to identify any physical condition or limitation of which I might not be aware that could affect her participation in the above named sport(s). I have advised the coach of any limitations on my child/ward's activities for medical reasons.

Knowing and having been informed of the potential dangers and risks associated with playing the above sport(s), and in consideration of my child/ward being allowed to participate in the camp, I hereby agree on behalf of myself, my family members and my child/ward to assume all such risks and further, to waive, release, discharge and hold harmless Mehlville School District and their respective employees, coaches, camp instructors and volunteers from any and all liability actions, causes of actions, claims or demands for personal injury, death or property damage of any kind or nature, and any other claim whatsoever arising out of, or in any way connected with my child/ward playing and participating in the above sport and camp. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The terms hereof shall serve as an assumption of risk, release and waiver for myself, my family, my child/ward and our heirs, executors, administrators, guardians or anyone else who might assert a claim on our behalf.

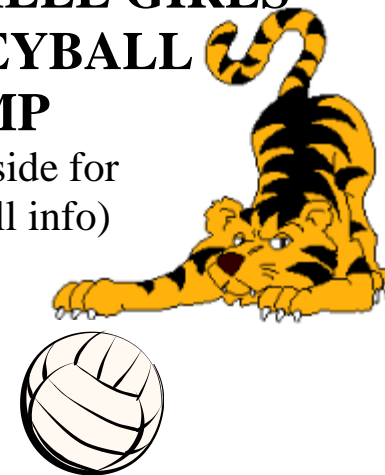
I hereby consent to permit the coach and staff working at the camp to provide emergency first-aid or medical treatment for my child/ward according to their best judgment, in the event he/she suffers an injury or illness while participating in the camp or on the camp premises.

Date \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent or Legal Guardian

# OAKVILLE GIRLS VOLLEYBALL CAMP

(See backside for basketball info)



**June 4-7, 2018**  
**(Monday-Thursday)**

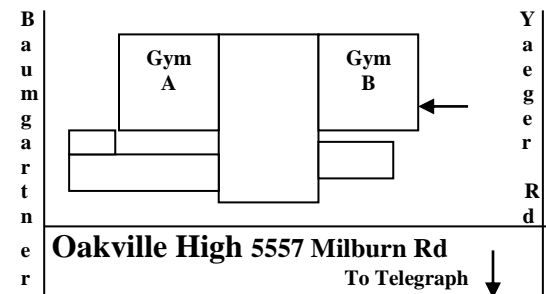
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## OAKVILLE HIGH SCHOOL GYM B



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