

BASKETBALL SCHEDULE

July 29-July 1, 2020
(Monday - Wednesday)

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

MORNING SESSION

Grades 6, 7 & 8th 🏀 8:00am-11:00am

AFTERNOON SESSION

Grades 3, 4, & 5th 🏀 12:00pm-3:00pm

PROGRAM TOPICS

1. Fundamentals
 - A. Shooting
 - 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
 - 🏀 Water Bottle
 - 🏀 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"/>

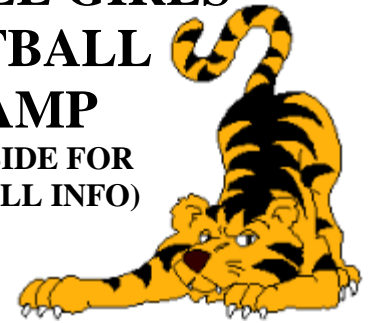
Cost - \$65 per student or attend both camps & pay only \$110.

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.mehlvillesschooldistrict.com

OAKVILLE GIRLS BASKETBALL CAMP

(SEE BACKSIDE FOR
VOLLEYBALL INFO)



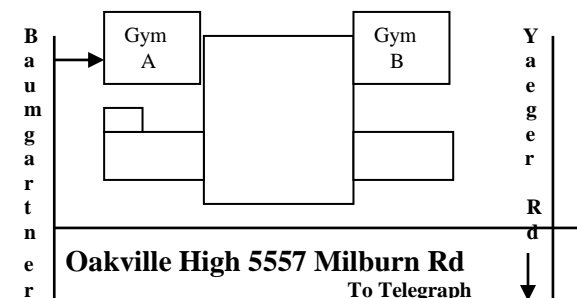
AIR
CONDITIONED
GYM

June 29-July 1, 2020
(Monday - Wednesday)

For Girls Entering:
Grades 6, 7 & 8th
8:00-11:00 am

Grades 3, 4, & 5th
12:00-3:00 pm

OAKVILLE HIGH SCHOOL GYM A



IMPORTANT!! Money & Registration need to be turned into the athletic office no later than May 17th, 2019 to guarantee a t-shirt! Please mark the t-shirt size on the form!

VOLLEYBALL SCHEDULE

July 29-July 1, 2020

(Monday - Wednesday)

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

MORNING SESSION

Grades 3, 4, & 5 Ⓞ 8:00-11:00 am

AFTERNOON SESSION

Grades 6, 7 & 8 Ⓞ 12:00-3:00 pm

PROGRAM TOPICS

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

FOR EACH CAMPER

- Ⓞ OHS VB Camp T-Shirt
- Ⓞ Water Bottle
- Ⓞ Fitness Evaluation/Skill Sheet
- Ⓞ 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.

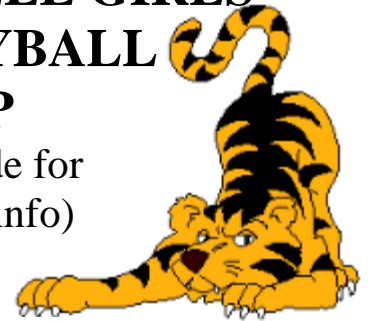
I hereby consent to permit the coach and staff working at the camp to provide emergency first-aid or medical treatment for my child/ward according to their best judgment, in the event he/she suffers an injury or illness while participating in the camp or on the camp premises.

Date _____

Signature of Parent or Legal Guardian

OAKVILLE GIRLS VOLLEYBALL CAMP

(See backside for
basketball info)



AIR
CONDITIONED
GYM

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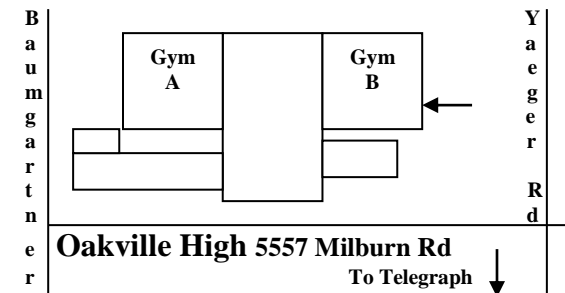
Grades 3, 4, & 5

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OAKVILLE HIGH SCHOOL GYM B



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