



# JEROME GIRLS BASKETBALL CAMP

Our ultimate goal is to provide an atmosphere where learning the game of basketball is fun and positive. The four following building blocks of the game will be emphasized daily.

- **Basketball Athleticism:** Drills that will improve speed and agility on the court
- **Basketball Mobility:** Drills to warm up, cool down and reduce injury
- **Basketball Speed:** Learning Skills at maximum acceleration and deceleration
- **Basketball Strength:** Learning skills of the game while moving as fast and efficient as possible

Who: Girls Grades 2-8

When: May 29-Jun 1

Where: Jerome High School

**Grades 4-8**

Time: 8:30am--12pm

Cost: \$90 per child

**Grades 2-3**

Time: 8:30am—10:30am

Cost: \$75 per child

Summer camp focuses on high quality drill-based exercises that will improve each player’s skill sets at all levels. We strive to encourage basic habits that will increase shooting accuracy, fine tune ball-handling and increase foot speed. The participants will spend time daily practicing their skills in a 2 on 2, 3 on 3 or 5 on 5 scrimmages based on age and skill level.

We believe that there is a lot more to basketball than just basketball. We are building life skills on and off the court as much as we are building basketball skills. Guest speakers will join us daily to talk to the camp participants about sportsmanship nutrition, resistance training and injury prevention.

*This session will be taught by the Varsity Girls Basketball Coaching Staff at Jerome and assisted by the JV/Varsity Girls Team*

**With questions please call Coach Herring at 740-272-3746**

([nkherring@gmail.com](mailto:nkherring@gmail.com))

*\* Every Lady Celtic athlete will receive a Camp T-Shirt*

Send entry form to:

Natalie Herring

Dublin Jerome Girls Basketball

8300 Hyland-Croy Rd

Dublin, OH 43016

**Entry Form**

Checks payable to: **Jerome Girls Basketball Boosters**

**Please return form by: Friday, May 25, 2018**

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

Grade: \_\_\_\_\_ T-Shirt Size: Youth M (10-12) L (14-16) Adult: S M L XL

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

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Parents/Guardians assume all risk for injury or damage associated with participation. I agree that the Dublin City Schools and its employees are not responsible and hold them harmless ; consequently, I will not hold these entities liable under any manner or circumstance as a result of my child’s participation in this program.

Parent/Gaurdian \_\_\_\_\_ Date \_\_\_\_\_