



Women's Basketball Office  
University of Charleston  
2300 MacCorkle Ave. S.E.  
Charleston, WV 25304

## Camp Notes

- Official camp T-shirt for each camper.
- Free maroon and gold basketball for each camper in the Ultimate Champion Camp.
- Camp contests: Free Throw, Hot Shot, 1-on-1 and more.
- Personal evaluation by your team coach at the end of the camp.
- Group discounts to schools who send 6 or more to camp.
- Award ceremonies and skill demonstration at the end of the Ultimate Champion Camp.
- Emphasis on teaching fundamentals.
- Competitive events from 1-on-1 to 3-on-3 and team play.
- Safe and disciplined atmosphere.
- Early-Bird Special: \$10 discount if form and FULL payment are received by May 1, 2009.

## Insurance Information

Company: \_\_\_\_\_

Policy #: \_\_\_\_\_

Policy Holder's Name: \_\_\_\_\_

Please Print



## SHERRY WINN'S BASKETBALL CAMP

### Ultimate Champion

Grades: K - 6<sup>th</sup> Cost: \$130  
June 22<sup>nd</sup> - 26<sup>th</sup> 9 a.m. - Noon

### Ultimate Competitor

Grades: 6<sup>th</sup> - 12<sup>th</sup> Commuter \$140  
June 26<sup>th</sup> - 28<sup>th</sup> Overnight \$185

# 2009

*Group Discounts Available!*  
304.357.4821



# University of Charleston



Head Coach

## Sherry M. Winn

Two Time Olympian

NAIA All-American

Academic All-American

1993 National Coach of the Year

6x Conference Coach of the Year

## Coach Winn

emphasizes teaching the game of basketball. She believes that champions become champions through

their willingness to learn, to work on their weaknesses, and to challenge themselves every day to become better. Her camps concentrate on teaching the principles of basketball. Each camper will have the opportunity for improvement both offensively and defensively.

Coach Winn wants every camper to believe that they are a winner. *"Winning is not just about the scoreboard or the number of opponents beaten. Winners are people who seek the best in themselves, claiming victory with each small achievement, feeling good about their efforts and knowing that the championship trophy is not in a distant trophy case, but rather deep inside themselves."*

*"There are no shortcuts to success. Players who become stars are the same players who spent hours shooting, dribbling and passing in their driveways. Practice as if you were a star. If you can see it in your mind, you can make it happen."* - Coach Winn



Associate Head Coach

## Lynne Fitzgerald

Defensive Player of the Year

University of Wisconsin

## Coach Fitzgerald

possesses the skills of a great teacher: patience, communication and motivation.

She has the ability to break down skills and teach them so campers can easily understand and learn. *"At our basketball camps, we want every camper to have a positive experience. The way I achieve that feeling is to concentrate on improvement, attitude and work ethic. We will be there to keep campers focused on the positives and to help them achieve a feeling of self-satisfaction."*

## Camp Coaches

University of Charleston current and former players will be on hand to help campers achieve their dreams. They will show enthusiasm and love of the game while assisting campers to become their best.

### Ultimate Champion

- 9:00 Ball Handling
- 9:15 Dribble Moves
- 9:30 Passing
- 9:45 Fakes
- 10:00 Defense
- 10:15 Shooting Technique
- 10:30 Shooting Competition
- 11:15 Rebounding
- 11:30 1 on 1
- 11:45 2 on 2
- 12:00 Closing Thought

### Ultimate Competitor

- 9:00 Warm-up & Stretching
- 9:15 Shooting Technique with Fakes
- 9:45 Defensive Breakdowns
- 10:30 Shooting Competition
- 11:00 Position Shooting
- 12:00 Lunch
- 1:30 Question/Answer Session
- 2:00 Post/Guard Combinations
- 3:00 Continuous 2 on 2
- 3:45 Rebounding
- 4:15 Ball Handling/Passing
- 5:00 Dinner
- 6:30 Speaker
- 7:00 Continuous 3 on 3
- 7:30 Competitive FT's
- 8:00 Competition & Shooting League
- 9:00 Closing Thoughts

## Registration Form

Name \_\_\_\_\_  
 Grade in fall of 2009 \_\_\_\_\_  
 Age \_\_\_\_\_ School \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Emergency Phone \_\_\_\_\_  
 Roommate Preference \_\_\_\_\_

1. Check the camp you will be attending:

### Ultimate Champion

June 22<sup>nd</sup> - 26<sup>th</sup> Grades: K - 6<sup>th</sup>

Morning only- \$130

### Ultimate Competitor

June 26<sup>th</sup> - 28<sup>th</sup> Grades: 6<sup>th</sup> - 12<sup>th</sup>

Commuter - \$140

Overnight - \$185

2. Send registration form, deposit payment\* and copy of insurance card to:

Women's Basketball Office  
University of Charleston  
2300 MacCorkle Avenue, S.E.  
Charleston, WV 25304

\* Space is limited in all camps. To reserve a place, send a \$50 nonrefundable deposit by June 1st. The balance is due the first day of camp. If space is available, registration will be accepted through the first day of camp.

3. Waiver

I hereby desire that my child, who is under 18 years of age, participate in the basketball camp offered by the University of Charleston. By the execution of this release, I acknowledge the standards set by the directors of this program shall be established for her benefit. I hereby voluntarily assume all risk of accident or injury to my child which may arise from her participation in this program; hereby intending to release the University of Charleston and the personnel associated with the camp from liability that may result from her participation. Furthermore, if I cannot be reached, I give the UC staff my permission to act according to their best judgement in any emergency requiring attention.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

\*\*\*Key Deposits - \$10

(The Insurance Form on the other side must be completed)

cut here