

The Third Annual Playing Big in the Paint

Big Man' Basketball Camp for Boy's in Grades 7 - 12

Sunday, June 28, 2009 11:00 – 3:00 Saint Peter High School

The Camp is limited to only the First 30 Campers – Please Register by June 15th!

The camp will be run by Coach Kelly Raymond (6'9") for players seeking quality instruction on how to dominate in the paint. Coach Raymond is known as a coach who is dedicated to helping players to achieve their goals and developing the basic fundamentals of post play. Whether you are 6'10" or 5'5" this is an excellent chance to learn and make yourself into a better low post player. The camp will be a terrific chance to learn and compete against other post players.

The Camp schedule is as follows:

10:30 – 11:00	Camp Registration/Open Gym
11:00 – 11:30	Welcome/Warm-ups/ Go Moves
11:30 – 12:45	Low Post Offensive Stations
	1. Post Positioning/Catching
	2. Drop Steps
	3. Jump Hooks
	4. Face up Moves (Duncan & Garnett Moves)
12:45 – 1:15	Defense & Rebounding
	High/Low/Front/Behind/Shot Blocking – without fouling/Spin/Swim/ Tip to Self
1:15 – 1:30	Camp Break – A snack and water/Gatorade will be provided
1:30 – 2:30	High Post Offensive Stations
	1. Setting & Using Screens
	2. Moving without the Ball & Getting Open
	3. Mid-Post Moves Facing the Basket – Rip Series
2:30 – 2:45	Up and Under Moves in Low Post and on the Perimeter
2:45 – 3:00	Camp Review

CAMP FEATURES: ***QUALITY INSTRUCTION AND INDIVIDUAL ATTENTION**
***CAMP INSTRUCTION BOOKLET WITH WORKOUTS**
***CAMP GYM SACK**

ALL FOR ONLY \$25.00!!!

Big Man's Basketball Camp Registration Form: *Please Register by June 15th!!! An email confirmation will be sent to you!*

Name: _____ Parent's/Guardian's Name: _____
Mailing Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ School: _____ Email Address: _____ Grade: (Fall '09) _____

PARENT AGREEMENT:

1. I hereby certify that I am, or in the event I am registering my minor child, my child is in normal health and capable of participating in the above listed activity.
2. I understand that the goals of the Saint Peter Basketball Camps are to develop, promote and provide fun, skill development, participation, in recreation opportunities, and sportsmanship.
3. I hereby acknowledge the health of my child to be ready for the activity of basketball camp and authorize the directors to secure emergency treatment deemed necessary, and I hereby release camp personnel and Saint Peter High School from all claims on account of any injuries which may be sustained by my child while attending basketball camp.
4. I am fully aware of the fact that there are special dangers and risks inherent in certain recreational activities. Being fully aware of those risks and in consideration of being allowed to participate in basketball camp activities and/or use of the City or school facilities, on behalf of myself and/or my minor child, I hereby assume all risk of injury, damage and liability arising from such activities or use and hereby release Saint Peter High School, its officials, employees and agents and waive any right of recovery that I might or my minor child may have to bring claim or a lawsuit against them for any personal injury, death or other consequences occurring to me or my minor child arising out of my or my minor child's voluntary participation in basketball camp activities.

Parent/Guardian (Signature) _____ Date: _____

Please make checks payable to: Southwest Athletes

**Mail to: Saint Peter High School
c/o Kelly Raymond
100 Lincoln Drive
Saint Peter, MN 56082**

For more information please contact Coach Raymond
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