

**Appleton East Girls Basketball Camp  
Summer 2018**

T-Shirt Size (Please circle choice)

Youth Size: L XL

Adult Size: S M L XL XXL

(Please Print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

School \_\_\_\_\_

Entering Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

Home/Emergency Phone # \_\_\_\_\_

Email address \_\_\_\_\_

I hereby give permission and certify my daughter is in good health and is able to participate in all camp activities. In case of emergency, I grant permission for my child to be given treatment at a local hospital. We waive all claims against Appleton Area School District or its agents for any injury sustained during this camp

\_\_\_\_\_  
Parent/Guardian Signature and Date

**Appleton East Girls Basketball Camp  
Summer 2018**

Players can attend this camp, plus the Hoosier Camp for a discounted rate of \$135.

Information about the Hoosier Camp can be found at <http://www.hsballwwilson.com/>

Forms for the camps can be found on the AEYBA website: <http://www.aeyba.com/>

If you plan on attending both camps, please send in both forms together.

Please make your payment of  
\$20 for 2 – 3 graders  
\$40 for 4 – 6 graders  
\$50 for 7 – 9 graders

Payable to: Appleton East Girls Basketball

Send Registration form and check made out to Appleton East Girls Basketball to:

Bob Hein  
Appleton East Girls Basketball Camp  
1434 East Gunn Street  
Appleton, WI 54915

If you have any questions or need brochures for either camp please feel free to contact Coach Hein at 920-830-1624 or E-mail him at [bkhein@prodigy.net](mailto:bkhein@prodigy.net)

**Appleton East Girls Basketball  
Camp  
Summer 2018**

**June 18 – 21, 2018**



Fundamentals Covered Include:

Each progressive session will build on the skills of the previous sessions so each year will bring new understanding of core concepts and each year will also bring new skills to develop.

Starting block position

Offensive moves off the catch

- step dribble
- sweep step dribble
- jab-lift step dribble
- jab-lift sweep step dribble

Offensive moves off the dribble

- right step dribble
- right step cross
- left step/right step dribble
- left step/right step cross
- attack retreat
- pop back to attack

Pivot and sweep technique when passing

Chest, bounce, skip pass technique

Footwork off the catch to get to starting block

Stationary ball-handling drills

Movement ball-handling drills

Shooting technique/drills out of starting block

Shooting footwork off the dribble

Turning the corner off the dribble

Advantage basketball decision-making

Pivoting Footwork

Dribble reaction

**Who is this for?** Any girl who wishes to become a better basketball player

**Objective:** Teach the basic fundamentals of basketball taught at Appleton East High School.

**Time:**

Grades (Entering)	Time
2 <sup>nd</sup> and 3 <sup>rd</sup>	12:00pm – 1:00pm
4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup>	1:00pm – 2:30pm
7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup>	2:30pm – 4:30pm

**Dates:** June 18-21, 2018

**Place:** Appleton East High School Gymnasium

**Cost:** \$20.00 for grades 2-3  
 \$40.00 for grades 4-6  
 \$50.00 for grades 7-9

Please return registrations before June 10<sup>th</sup>. However, you can register the day of the camp on site.

Camp Director  
Appleton East Head Varsity  
Girls Basketball Coach



Coach Joe La Chapell

“Our camp staff is committed to giving the Girls that attend the camp the best basketball experience possible. We promise to make our camp a fun, positive environment and have a blast learning about the greatest game on the planet!”

We welcome all abilities and skill levels, even if your child has never touched a basketball!

This will be an upbeat, positive basketball camp and all students (does not matter what school) are welcome to attend.