

## **Basketball Fundamentals**

The Lady Timberwolves Fundamental Basketball Camp will stress the fundamentals of basketball and give athletes an idea of what skills they will need to compete at the high school level. The camp will provide excellent instruction and drill work to improve and challenge all ability levels. Games and competitions will be both fun and beneficial to all participants.

### **Teaching Emphasis:**

Shooting	Ball Handling
Footwork	Passing
Post Play	Guard Play
Offensive Skills	Individual Defense
Rebounding	Teamwork
Team Defense	Attitude

### **Age Grouping**

Campers will be divided up in age groups for drills and competitions. We will use the grades below as a guideline and take into account experience/ability as well.

White: 4th-6th Grades

Maroon: 7th-8th Grades

Black: 9th-10th Grades

Lady Timberwolves Basketball  
Woodcreek High School  
2551 Woodcreek Oaks Blvd.  
Roseville, CA 95747

*Woodcreek High School's*

**Lady  
Timberwolves**  
*present the*



**Fundamental  
Basketball Camp**  
*Summer 2019*

*Woodcreek High School  
Gymnasium*

**Girls grades 5th-10th**  
*(in Fall 2019)*

*5th-10th ( 9:00- 12:30) \$100  
\$125 late registration after June 1st  
or at the door*

**June 17th - 20th**  
*Monday- Thursday  
Gym opens at 8:30 am*

**Fundamental  
Basketball Camp  
Summer 2018**

**Information**

**Where:** Woodcreek High School  
**Age:** 5th- 10th grade (as of next fall)  
**Date:** June 17th-20th Mon-Thurs  
**Time:** 8:30 am registration  
9:00 -12:30 (5th-10th grade)

**Cost:**  
**Grades 5th-10th are \$100** if pre-registered by  
June 1st. Registration after June 1st or at the  
door is \$125.

**Make check out to:**  
Lady Timberwolves Basketball

**Send form/payment to:**  
Coach Beck  
Woodcreek High School  
2551 Woodcreek Oaks Blvd  
Roseville, CA 95747

**All Participants will receive a  
camp T-shirt.**

**Coaching Staff**

Camp is run by the Woodcreek High School  
Basketball coaching staff including Varsity  
Coach Raymond Beck. He will be assisted at  
this camp by his coaching staff and both current  
and former Timberwolf players.

**Message to the Players**

The Lady Timberwolves Fundamental Basket-  
ball Camp will provide personalized intruction  
in every phase of the game. Athletes wishing  
to play middle school basketball will gain keen  
insight into what a coaching staff is looking for  
in potential players.

Coach Beck and his staff want to develop play-  
ers that have the skills to run the floor, handle  
and shoot the ball, and are not afraid to work  
extremely hard defensively. The coaching staff  
is looking forward to seeing you at camp ready  
to learn, improve and especially have fun.

For the younger players this is a great opportu-  
nity to be introduced to the game of basketball  
in an age appropriate setting. We encourage  
you to give it a try. We have 4 divisions:

- BlackDivision 9th-10th
- Maroon Division 7th-8th
- White Division 5th-6th

Hope to see you here.

Head Coach,

Raymond Beck

**Fundamental  
Basketball Camp  
Sign Up Form**

Name \_\_\_\_\_

Grade in Fall 2019 \_\_\_\_\_ School \_\_\_\_\_

Parent's Name \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone # \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact # \_\_\_\_\_

Shirt Size: youth S M L XL

adult S M L XL

Please contact Raymond Beck with any ques-  
tions: rbeck@rjuhsd.us

*detach and return with check*