



**2017  
Basketball  
Camps**

**DEFINITION OF LIABILITY AND LIMITATIONS**

All campers will be covered by an Excess Accident Medical Insurance policy which is understood to pay \$5,000.00 in medical expenses, including accidental death and dismemberment, for injuries sustained during camp sessions. Any medical or related expenses not covered by this policy are the responsibility of the parent.

Signed \_\_\_\_\_ Parent of \_\_\_\_\_

**APPOINTMENT OF AGENT**

I hereby appoint Camp Director or Assistant Director, of lawful age, as my agent and representative for the purpose of \_\_\_\_\_  
(Name of Appointee)

Authorizing and counseling to hospital care and or medical care and treatment of \_\_\_\_\_  
(Name of Daughter or Person Treated)

for any illness or injury that may occur while such person is in the care or custody of the agent during the camp while I am away, on vacation, or otherwise not immediately available to give such consent.

Allergies \_\_\_\_\_ Last Tetanus Toxoid \_\_\_\_\_  
Witness \_\_\_\_\_ Parent or Guardian \_\_\_\_\_



**COACH'S  
MESSAGE...**

Summer is the best time to work on individual skills and fundamentals. Our camps are designed to help the girls learn the basics of shooting, dribbling and passing, as well as other fundamental skills of basketball. We also apply those skills within a team structure as each of the girls is also a member of a team for the week and will play several games each day.

Basketball teaches the value of improving as an individual, as well as committing to what's best for the team. We believe when individuals experience the satisfaction of working hard and see the results of that hard work, many of them will continue working on their own.

**We hope you can join us  
for a great week of camp!**

**INFORMATION/  
BROCHURES**

**Contact**

**GREG KRAUSE**

580.628.6733

1220 E. Grand, P.O. Box 310

Tonkawa, OK 74653

greg.krause@noc.edu



**NORTHERN**  
Oklahoma College

**Girls'  
Basketball  
Camps**

**GRADES 1-3**  
June 4-6

**GRADES 3-6**  
June 24-28

**GRADES 7-12**  
July 8-12



# APPLICATION (Both sides must be completed)

Mail Application with deposit to: Greg Krause 1220 E Grand P.O. Box 310 Tonkawa, Oklahoma 74653

Please indicate your T-shirt size

- Youth Large  Youth Medium  Adult xx-Large  Adult x-Large
- Adult Large  Adult Medium  Adult Small

Please indicate which session/s you wish to attend  
 June 4 - 6  June 24 - 28  July 8 - 12  
*(Please type or print)*

Name \_\_\_\_\_ Grade *(next year)* \_\_\_\_\_ School \_\_\_\_\_  
 Position \_\_\_\_\_ Height \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Check one: Commuting \_\_\_\_\_ Dorm \_\_\_\_\_ Roommate Preference \_\_\_\_\_  
 Contact Names & Numbers: \_\_\_\_\_

*Check, Cash, Money Order or Credit Card Accepted [please make checks payable to NDC Girls Camp]*  
Please Print Clearly - All Card Information will be kept confidential and secure

Master Card  VISA  Discover  Discover (Check One)  American Express  Other \_\_\_\_\_  
 Name on Card \_\_\_\_\_ Address on Card \_\_\_\_\_  
 Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Total Amount Due \$ \_\_\_\_\_ CVV Code (3 Digits on the back of card) \_\_\_\_\_ Signature \_\_\_\_\_ Card Exp. Date (MM/YYYY) \_\_\_\_\_  
 Date \_\_\_\_\_

By signing this form, you authorize NOC Girls Basketball Camp to charge your card for the amount listed above.

CLIP APPLICATION AND MAIL

## TYPICAL DAILY SCHEDULE

**\*Schedule and times are subject to change**

7:15 am ..... Breakfast  
 9:00-9:45 am ..... Mass Drills  
 9:45-11:00 am ..... Station Drills  
 11:00-11:30 am ..... Team Dribble Relays  
 12:00 pm ..... Lunch  
 1:15-1:30 pm ..... Hot Shot Contest  
 1:30-2:00 pm ..... Team Transition Offense  
 2:00-3:00 pm ..... 1 on 1, 2 on 2, 3 on 3 contests  
 3:30-5:00 pm ..... Rest, Swimming, Individual Help  
 5:00 pm ..... Dinner  
 6:15- 7:00 pm ..... Free throw Contest  
 7:00-8:30 pm ..... League Games  
 8:30-9:30 pm ..... Rest, Swimming, Individual Help  
 10:30 pm ..... Lights Out

**GRADES 7-12**  
 July 8-12, 2018  
 Overnight Campers \$310.00  
 Commuters (Lunch & Dinner) \$210.00  
 A \$100.00 deposit must accompany all applications.  
 The deposit is non-refundable and balance is due at time of enrollment.

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**GRADES 3-6**  
 June 24-28, 2018  
 Overnight Campers \$310.00  
 Commuters (Lunch & Dinner) \$210.00  
 A \$100.00 deposit must accompany all applications.  
 The deposit is non-refundable and balance is due at time of enrollment.

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**GRADES 1-3 DAY CAMP**  
 June 4-6, 2018 9:30-11:30 a.m.  
 Commuters Only (no meal) \$75.00  
 A \$20.00 deposit must accompany all applications.  
 The deposit is non-refundable and balance is due at time of enrollment.

*Any camper entering 3rd grade may enroll in either the day or overnight camp, or both.*

## CAMP GOALS

### Mass Drills

Mass Drills include work on ball handling, dribbling, passing, defensive stance, pivots, post defense and shooting form.

### Station Drills

Station Drills include post offense and defense, layups, triple threat, pick & roll, team defense, dribbling with cones, shooting form, rebound & outlet pass, V cuts, L cuts, back cuts, passing, help and recover defense, weakside defense, how to communicate on defense and blocking out.

### Team Transition Offense

Team Transition Offense includes floor balance, filling lanes, court spacing, advancing the ball and good shot selection.

### Grades 1-3

#### Day Camp—9:30-11:30 a.m.

Two lowered goals will be used for teaching offensive skills. Basics such as dribbling, passing, defensive and varied offensive skills will be introduced.

### Security and Safety

A security person will be on duty during the night hours in the dorm. Qualified lifeguards will be on duty at the swimming pool.

### Insurance

All campers will be covered by an excess medical insurance policy provided by the camp.

## Registration

Please make reservations in advance. The deposit or total amount must accompany reservations.

Our enrollment is limited. We will accept reservations as they are received. Balance is due at time of final enrollment. Final enrollment is to be completed the first day of each session. After we have received your application and deposit, you will receive an acceptance letter along with details regarding housing, arrival and departure times, and important phone numbers.

## Facilities

Air-conditioned dorms will house our campers. Two gyms are available. A beautiful 6-lane Olympic-size indoor swimming pool will be open for campers' use. Our college cafeteria provides all-you-can-eat meals.

## What to bring

Towels and wash clothes, personal toilet articles, sheets and blanket for twin size bed, pillowcases, swimsuit, playing shorts, basketball shoes, athletic socks. Bring plenty of comfortable, casual clothes such as shorts and T-shirts.

## T-shirts

T-shirts will be given to each camper. Be sure to indicate your size on the application form.

## Camp Basketballs

All campers attending will receive a regulation size camp ball.

## Camp Regulations

Campers will not be allowed off campus unless with an organized and supervised camp group. All visitors must secure permission through the camp director. Campers will be supervised by the coaches at all times.