



NORTHERN Oklahoma College

2022 GIRLS' BASKETBALL CAMPS

GRADES K-3
June 27-29

GRADES 7-12
July 10-14

GRADES 3-6
July 24-28



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.

- Greg Krause

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

INFORMATION/ BROCHURES

Contact
GREG KRAUSE
580.628.6733
P.O. Box 310
Tonkawa, OK 74653
greg.krause@noc.edu



2021 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 _____

APPLICATION (Both sides must be completed)

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

Please indicate your T-shirt size

- Youth Medium Youth Large Adult Small Adult Medium
- Adult Large Adult X-Large Adult XX-Large

Please indicate which session/s you wish to attend

- June 27-29 July 10-14 July 24-28
- (Please type or print)*

Name _____ Grade (next year) _____ School _____

Position _____ Height _____ City _____ State _____ Zip _____

Mailing Address _____ Dorn _____ Roommate Preference _____

Check one: Commuting _____ Name _____ Phone _____

Contact Names & Numbers: Name _____ Phone _____

Master Card VISA Discover (Check One) Please Print Clearly - All Card Information will be kept confidential and secure

Card Number: _____ Address on Card _____

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

For 3-6 Grade and 7-12 Grade Camps

- 7:30 am Breakfast
- 9:00-9:45 am Mass Drills
- 9:45-11:00 am Station Drills
- 11:00-11:30 am League Game
- 11:30-11:45 am 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, 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, Individual Help
- 10:30 pm Lights Out

Schedule and times are subject to change

GRADES K-3 DAY CAMP

June 27-29, 2022 9:30-11:30 a.m.

Commuters Only (no meal) \$80.00

A \$25.00 deposit must accompany all applications.
The deposit is non-refundable and balance is due at time of enrollment.

GRADES 7-12

July 10-14, 2022

Overnight Campers \$325.00

Commuters (Lunch & Dinner) \$220.00

A \$100.00 deposit must accompany all applications.
The deposit is non-refundable and balance is due at time of enrollment.

GRADES 3-6

July 24-28, 2022

Overnight Campers \$325.00

Commuters (Lunch & Dinner) \$220.00

A \$100.00 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 K-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.

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

Covid-19
Social distancing and face masks are strongly encouraged. .

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. 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. 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, 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.

Security and Safety

A security person will be on duty during the night hours in the dorm.