

# ***RUNNIN' ROCKS BASKETBALL CAMP 2009***

## **HIGH SCHOOL CAMP**

**June 8 – 11 2:00 - 4:30**

**June 15 – 19 (afternoons – specific times for each level TBA)**

## **YOUTH CAMP (3<sup>rd</sup> – 6<sup>th</sup> Grades – next year)**

**June 15 - 19 8:00 AM – 10:00 AM**

## **JUNIOR HIGH CAMP (7<sup>th</sup> – 8<sup>th</sup> Grades – next year)**

**June 15 - 19 10:00 AM – 12:00 PM**

### **CAMPS HELD IN ROCK ISLAND FIELDHOUSE**

#### **HOSTED BY: ROCK ISLAND BOYS BASKETBALL COACHING STAFF AND PLAYERS**

The **YOUTH CAMP** will stress the fundamentals of the game of basketball in the following areas: individual defense, team defense, rebounding, shooting, passing, ballhandling, footwork, and team offense. In addition, we will share the philosophies and attitudes upon which our program is built. Players will be exposed to numerous lectures and drills, and will take part in team games every day. There will also be contests, and awards will be presented on the final day of camp. **Because of the range of grades in Youth Camp, players will be grouped by ability for drills and games.**

The **HIGH SCHOOL AND JUNIOR HIGH CAMPS** will expose players to our system and the expectations of players at Rock Island High School. In addition to the teaching of fundamental skills, the basic components of our offensive and defensive systems will be stressed. We will be focusing on player and team development for next year. Boys planning to tryout for a team next year are encouraged to attend.

- **Cost: Youth Camps - \$35 High School Camp - \$20**
- **4<sup>th</sup>- 6<sup>th</sup> Graders attending Runnin' Rocks Camp save \$10 on Future Rocks Fees next year**
  - **Additional Family Members – \$15**
  - **EACH CAMPER RECEIVES A T-SHIRT**
- **Please REGISTER EARLY to ensure the correct shirt size.**

### ***2009 RUNNIN' ROCKS CAMP REGISTRATION FORM***

Name \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Grade Entering \_\_\_\_\_

Camp: YOUTH I (3<sup>rd</sup>-6<sup>th</sup>) \_\_\_\_\_ (\$30) JUNIOR HIGH (7<sup>th</sup>-8<sup>th</sup>) \_\_\_\_\_ (\$30) HIGH SCHOOL \_\_\_\_\_ (\$20)

Shirt Size (**Circle One**): **Youth:** Large **Adult:** Small Medium Large XL XXL

I will not hold Rock Island High School, employees, coaches, or staff responsible for any injuries or lost possessions that may occur while my son is at camp.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

- If there is a question or problem with payment, please note it on the registration or contact Coach Sigel at 793-5950, ext. 2014.
- Checks or money orders should be made out to: Rock Island High School
- Mail registrations to:  
Coach Thom Sigel  
c/o Rock Island High School  
1400 – 25<sup>th</sup> Avenue  
Rock Island, IL 61201