

GIRLS BASKETBALL POST CAMP



July 29-30, 2011
at Freed-Hardeman University – Brewer Sports Center
Henderson, TN

Limited Enrollment

For Post Players Entering Grades 9-12
Advanced Post Instruction

Camp Fee \$110

Directed By Don Holcomb

Memphis University Hall of Fame Post Player

On court demonstrations

Each participant will receive a DVD of post moves featuring FHU's Two Time All-American Post Player, Meribeth Boehler. This past season, Meribeth was named the NAIA Player of the Year, WBCA-State Farm NAIA Player of the Year, and NAIA National Tournament Most Valuable Player.

Camp Schedule

Friday July 29

Check-in 5:00pm-6:00pm

Session 1 6:00pm – 9:00pm

Supervised dormitory accommodations are available Friday night at no charge

Saturday July 30

Session 2 9:00am – 12:00pm

Continental Breakfast at gym and Lunch Provided at FHU cafeteria on Saturday

Session 3 1:00pm – 4:00pm

Camp Instruction Features

- Progressive Skill Development
- Back to the Basket Moves
- Face-up Moves
- Footwork and Body Balance
- Reading the Defense
- Using Counter Moves
- Sealing & Pinning
- Movement Without the Ball
- Receiving --Shooting -- Passing -- Rebounding
- Defending the Post

Questions please contact:

Freed-Hardeman Lady Lions Head Coach Dale Neal at 731 989-6903 or dneal@fhu.edu

REGISTRATION FORM

Name

Address

City/State/Zip

Phone

E-mail

Height

Age

Grade 2011-2012

**Make check payable to Don Holcomb Post Camp
Please mail completed registration form and Camp fee by July 10, 2011 to:
c/o Dale Neal, Head Women's Basketball Coach
Freed-Hardeman University
155 Valley View Drive
Henderson, TN 38340**