



**The Central College Individual Skills Basketball Camp is a three-day overnight camp for middle school and high school girls (entering grades 7-12) looking to improve their basketball skills in a positive atmosphere with a focus on individual attention.**

Whether your goal is an increased shooting percentage, more assists, better defense or an overall boost in speed and confidence in your game, the Central College Individual Skills Camp will provide the personalized and qualified instruction to help you achieve your goals.

Located in Pella, Iowa, the Central College campus provides a safe, welcoming environment where girls can enhance their skills, gain confidence and have fun!

For more information on Central women's basketball as well as additional information on Central athletics and Central College, check out the Central Web page:

[www.central.edu](http://www.central.edu)



Central College Girls' Basketball Camp  
Campus Box 6600  
812 University  
Pella, IA 50219-9989

# Central College Girls' Individual Skills Basketball Camp

**July  
21-23,  
2009**



Hosted by the  
Central College coaching  
staff, the Dutch women's  
basketball team and top high  
school coaches.

# Improve your **game!**

The Central College Girls' Basketball Camp is an affordable, intense and fun, three-day basketball experience for players looking to make big improvement to their games this summer.

## Camp **benefits**

- Effective position-specific offensive moves and counter moves
- Improvement of on-ball and off-ball defense
- Learn how to play at college-level speeds
- College-level drills that reinforce fundamental skills
- Knowledge of how to improve your raw athletic abilities, taught by one of the nation's best strength and conditioning staffs
- Competitive game experience
- A t-shirt and personalized training book with your coaches' notes, drills, training programs and an action plan for helping you to reach your goals!

## Coaching **staff**

### Central College Head Coach Jerry Nikkel

- 3 state high school titles
- 439-190 high school record

### Assistant Andy Campbell

- Former grad assistant, Univ. of Iowa
- Camp instructor at Iowa, Duke and Notre Dame

### Assistant Gary Boeyink

- 28 years as college women's head coach
- One NCAA Div. III national championship
- Five NCAA Div. III tournament berths

# Camp schedule

## Day 1

**Noon**-Registration, orientation and opening speaker  
**1:30**-Individual skill development--shooting and offensive moves  
**3:30**-Individual instruction and team practice  
**5:00**-Dinner  
**6:45**-Individual and team competitions  
**8:30**-Daily awards and closing speaker

## Day 2

**7:30**-Breakfast  
**9:00**-Warm-ups and speaker  
**10:00**-Individual development--defense and rebounding  
**11:30**-Individual competitions  
**12:30**-Lunch  
**1:30**-Strength and conditioning instruction  
**2:30**-Individual development--passing and ball handling  
**4:00**-Team competitions  
**5:00**-Dinner  
**6:45**-Individual and team competitions  
**8:30**-Daily awards and closing speaker

## Day 3

**7:30**-Breakfast  
**9:00**-Warm-ups and speaker  
**9:30**-Individual development--transition/running game  
**10:30**-Individual competitions  
**11:00**-Final games!  
**11:30**-Personal meeting with your coach  
**Noon**-Key speaker and camp awards

### Additional information

- Players will compete against other players of similar skill level and age
- This is an overnight camp. Players should bring the following: basketball shoes and many clean sets of athletic clothes; bedding (sheets, blankets, pillows); towels and toiletries; small amount of spending money.
- The camp fee covers room, board, instructors, t-shirts and camp material. Meals also included for commuters.

**Yes! I'd like to attend!**

Fill out and return

Sign up for:	Cost
Overnight camper _____	\$160
Commuter (meals included) _____	\$140

Name \_\_\_\_\_

Address \_\_\_\_\_

Home phone \_\_\_\_\_

Cell phone \_\_\_\_\_

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

Parent's name \_\_\_\_\_

Grade in Fall 2009 \_\_\_\_\_

Height \_\_\_\_\_

Position: \_\_\_ Point guard      \_\_\_ Guard/Wing

      \_\_\_ Forward/Center

High school \_\_\_\_\_

Name of HS coach \_\_\_\_\_

Roommate request \_\_\_\_\_

T-shirt size:    \_\_\_ YS   \_\_\_ YM   \_\_\_ YL

                      \_\_\_ AS   \_\_\_ AM   \_\_\_ AL   \_\_\_ AXL

Registration deadline is June 10. A 75 percent refund will be given for cancellations before June 1 and a 25 percent refund for cancellations after June 1.

Make checks payable to  
**Central College Women's Basketball**

Please return to:  
**Central College Women's Basketball Camp**  
**Campus Box 6600**  
**812 University**  
**Pella, IA 50219**

Questions? Call or E-mail  
**Coach Andy Campbell at:**  
**Phone: (641) 628-5211**  
**E-mail: campbella@central.edu**