

2010 SESSIONS

Holy Names University is located in the hills of Oakland, CA just off Highway 13. The women's and men's basketball programs are once again hosting their annual fund raising summer camps for the boys and girls of the greater Bay Area. Youth of all skill levels between the ages of 7-13 are encouraged to enroll!



This 5 day camp is open to all boys and girls ages 7-13. Three sessions will be offered this summer that emphasize the basic fundamentals of basketball.

Individual player development is accomplished through clinic and station work with the Holy Names University Camp Staff. Groups are divided by age and skill level so each participant will be challenged and have the opportunity to work on skills that pertain to their level of play. Our campers return year after year to work on their game in a fun, enthusiastic and energetic atmosphere!

FOR MORE INFORMATION

Summer Programs Director: Nick Lusson

Email: hnusportscamp@hnu.edu

Phone: (510) 436-1491

Online: www.hnuhawks.com/f/Summer_Camps.php

Mail: HNU Summer Sports Camps
Holy Names University
3500 Mountain Blvd
Oakland, CA 94619

Holy Names Hoop Camps
Holy Names University
3500 Mountain Blvd
Oakland, CA 94619

HOLY NAMES UNIVERSITY BASKETBALL CAMPS

Oakland, CA

Boys and Girls Camps Ages 7-13

GIRLS:

Session 1: June 21-25

Session 2: July 19-23

Session 3: July 26-30

BOYS:

Session 1: June 14-18

Session 2: June 28-July 2

Session 3: July 5-9

Session 3: July 12-16

SUMMER 2010

HOLY NAMES KNOWS BASKETBALL!



The Holy Names University women's team have earned 9 California Pacific Conference Championships, appeared in the **NAIA Division II National Tournament** 10 years and reached the "Sweet Sixteen" five times. The Holy Names men's team has earned 5 Conference Championships and appeared in the **NAIA Division II National Tournament** 6 times. Both programs have a combined 9 conference MVPs, including 14 NAIA All-Americans. The Hawks also shine in the classroom with 16 players earning NAIA Academic All-American honors.

Camp Directors: This year's camps will be run by Josh Dozier, a 4-year standout on the Holy Names University Men's Basketball Team. Coach Dozier has been a staple of the hoops camp program as one of its more popular coaches for the past 7 years.



Camp Coaches: The Holy Names Hoop Camps will once again be staffed with **current, former and future Holy Names University players** who are eager to share their **passion, work ethic and success** with the youth of the community.



CAMP COST: \$200 per person

****\$25 discount for siblings and multiple camps****

Ages 7-13 9AM - 3PM

GIRLS SESSIONS:

1. June 21-25
2. July 19-23
3. July 26-30



BOYS SESSIONS:

1. June 14-18
2. June 28-July 2
3. July 5-9
4. July 12-16

Camp fee includes all instruction. Lunch is not included in fee. Campers are required to bring their own lunch. After-care is not included in fee and is available for an additional \$10 per hour (see below).

CAMP HIGHLIGHTS

- Superior instruction
- 10:1 camper to instructor ratio
- 30 hours quality supervision & instruction
- Opportunity to use our full size swimming pool each afternoon
- Daily & weekly contests and prizes
- Daily emphasis on fundamental development, team play and more
- Official HNU camp shirt and basketball

TYPICAL DAILY SCHEDULE

- 8:00-9:00: Gym Rat (optional, no fee)
- 9:00-9:30: Roll Call, Warm Up, Stretch
- 9:30-10:00: Mass Footwork
- 10:00-10:30: Defensive Clinic
- 10:30-10:45: Water Break
- 10:45-11:15: Team Practice
- 11:15-11:30: Shooting Contests
- 11:30-12:15: LUNCH
- 12:15-12:30: Camp Knockout
- 12:30-1:30 Swim / Individual Skills
- 1:30-1:50: Ball Handling Clinic
- 1:50-2:50: 5 on 5 Games
- 2:50-3:00: Awards and Dismissal
- 3:00-5:00: After-care available (at an additional cost of \$10 an hour to be paid on the last day of camp)

CAMP REGISTRATION

REGISTRATION FORM

Please make checks payable to:

Girls Camp: **Holy Names Women's Basketball**

Boys Camp: **Holy Names Men's Basketball**

Boys Session I Girls Session I
 Boys Session II Girls Session II
 Boys Session III Girls Session III
 Boys Session IV

Name: _____

Age: _____ Grade entering in Fall 2010: _____

Shirt Size (please circle): YS YM S M L XL
Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Parent/Guardian: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

I understand that there will be an optional daily swim hour supervised by certified lifeguards. By initializing the space provided I am giving my child permission to swim. _____

RELEASE OF LIABILITY: I hereby waive and release Holy Names University from any and all liability for any injuries or illnesses incurred while at camp. I understand that I will be financially responsible for all charges and fees incurred in the rendering of said emergency treatment, regardless of whether or not my medical insurance would cover such charges and fees.



OFFICE USE ONLY:
Check # _____ Date: _____
Amount: _____
Conf. mailed: _____

Name: _____

Signature: _____