

ST. CHARLES HIGH BASKETBALL CAMPS
725 NORTH KINGSHIGHWAY
SAINT CHARLES, MISSOURI 63301



ST. CHARLES BASKETBALL CAMPS ARE OPEN TO ALL
STUDENTS IN THE ST. LOUIS METRO AREA!
FOR MORE INFORMATION CONTACT RICK FOSTER
Online registration www.spiratescamps.com CALL 636-373-0500

ST CHARLES **BASKETBALL** **CAMPS**

2015
MISSOURI CLASS 4 CHAMPS

OPEN TO ALL PLAYERS

INDIVIDUAL CAMP

JUNE 19-23
9:00 AM-3:00 PM

OFFENSIVE SKILLS/ SHOOTING CAMP

JULY 10-14
SESSION # 1
9:00 AM-12 NOON
Boys/Girls Grades 3-6
SESSION # 2
12:30 PM-3:30 PM
Boys/Girls Grades 7-9

INDIVIDUAL CAMP LIMITS

This camp will be limited to the
FIRST 125 KIDS REGISTERED
Please **PRE-REGISTER** as soon as
you can!

SHOOTING CAMP LIMITS

This camp will limited to the
FIRST 60 KIDS IN EACH SESSION-
Please Pre Register



2015 Missouri Coach of the Year
Rick Foster will conduct his highly suc-
cessful summer basketball camps again
this year! Each summer our goal is to
motivate all of our basketball campers to
have a plan when they leave our week
long camp of how they are going to devel-
op and improve their game the rest of the
year. We will have multiple teaching sta-
tions, to give them a plan to be success-
ful.

St Charles High Head Coach
Rick Foster

OFFENSIVE SKILLS SHOOTING CAMP

July -10- 14

Session # 1

Boys & Girls Entering Grades
3-6 9:00 A.M.-12 Noon

Session # 2

Boys & Girls Entering Grades
7-9 12:30 P.M.-3:30P.M.

Three Time GAC Coach of the Year Rick Foster will direct his annual summer basketball camps at St. Charles High School. Boys & girls entering grades 3-9 will have access to the air conditioned gyms with 18 baskets at their disposal.

Offensive Skills/Shooting Camp

This camp will be geared towards the offensive side of the basketball. Students will learn the fundamentals of shooting and how to score. A special emphasis on the shot form will be a daily activity. Each camper will have his/her shot video taped during camp, and Coach Foster will evaluate each campers shot with them. Every phase of offensive basketball will be drilled and practiced throughout the week. An offensive skills evaluation will be sent home at the end of the week. This "grade card" will be a developmental plan for your son/daughter to improve their skills. Campers can use this plan the rest of the summer/year to develop their basket-

**'A SUMMER OF BASKETBALL'
CHECK FOR DISCOUNT
DETAILS ON MULTIPLE CAMPS**

INDIVIDUAL CAMP

JUNE 19-23
ST. CHARLES COUNTY'S
ONLY ALL DAY
BASKETBALL CAMP
BOYS ENTERING GRADES 3-9
9:00 A.M.-3:00 P.M.

This **FULL DAY** camp will cover all phases of the game. Mornings will be devoted to TEACHING individual skills. We will focus on Offensive & Defensive Fundamentals and correct techniques. We will have TWO sets of teaching stations offensive & defensive during each day of the camp. In the afternoon, the emphasis will be on team play and games. We will begin each afternoon with 3-on-3 games-a great way for kids to learn to "move without the ball". We will devote the last hour of each day to 5-on-5 competition with a camp ending championship tournament.

LUNCH

Lunch may be purchased at the snack bar. Sport drinks, bottled water, & soda will also be available or purchase. Campers may bring their own lunch as well.

DAILY SCHEDULE

8:30	A.M.	Gym open-Campers may arrive
9:00	A.M.	Announcements & Warm ups
9:15	A.M.	Full Court Drills
9:30	A.M.	Offensive Teaching Stations
10:30	A.M.	Skills Contest
10:50	A.M.	Defensive Teaching Stations
11:45	A.M.	Lunch & Rest
12:45	P.M.	Lecture/Demo./Guest Speakers
1:15	P.M.	3-on-3 Games & 5-on-5 Games

DAILY AWARDS WILL BE GIVEN OUT FOR HUSTLE/ATTITUDE EACH DAY AS WELL AS OUR DAILY CONTEST WINNERS!

() Individual Camp -June 19-23 \$100
Grades Entering 3-9, 9:00 A.M.-3:00 P.M.

() Offensive Skills/Shooting Camp -July 10-14 = \$60
Session # 1 Grades Entering 3-6, 9:00 A.M.-12 Noon

() Offensive Skills/Shooting Camp - July 10-14 = \$60
Session # 2 Grades Entering 7-9, 12:30 P.M.-3:30 P.M.

() **"A Summer of Basketball"** June 19-July 14= \$135 (Save \$ 25) Includes: Individual Camp & Shooting Camp

I hereby request that my child be allowed to participate in the St. Charles High basketball camps. I authorize the staff to act for me, according to their best judgment in any emergency. I will hold harmless and release the staff from any and all liability or responsibility for damages related to injuries or the death of my child. I understand that my insurance coverage is primary and any coverage provided by the camp will be specifically available on an excess basis only. In case emergency treatment is required, I understand that my child will be taken to the nearest hospital. I hereby give permission to a physician to administer emergency treatment to the student listed below.

Signature of Parent/Guardian _____

Date _____

NAME _____

ADDRESS _____

SCHOOL _____

ENTERING GRADE _____

PHONE # 2 _____

EMAIL _____

PHONE _____

T-SHIRT SIZE _____

Make Applications and checks payable to: **"ST. CHARLES HIGH SCHOOL"** mail to: **Rick Foster , 725 N. Kingshighway , St. Charles, MO 63301**

DETACH & RETURN