

2009 LADY CAPTAINS ELITE POSITION CAMP



CAMP ATTENDANCE 8th – 12th graders on JV /Varsity High School Team
Session I - June 30 – July 2
Session II - July 7 - 9

CAMP FACILITY THE FREEMAN CENTER ON THE CAMPUS OF
CHRISTOPHER NEWPORT UNIVERSITY

CAMP SCHEDULE Tuesday 4pm –7pm,
Wednesday 10am – 12pm- Skill Work, 1pm - 4pm – Skill Work
6:30pm – 8:30pm – Contests, Games
Thursday 10am – 2pm – Skill Work, Contests, Games
Lunch Break 12pm – 1pm Wednesday, Thursday
(Pack a lunch & drink or Bring money for food from campus restaurant)

CAMP TUITION Commuter Camper - \$120 (housing & meals not included)
Overnight Campers - \$250 (includes housing & meals)
(There is also a \$10 discount for second child)

CAMP FEATURES Advanced Training at all positions, scrimmages, competitions
Post/Center: shooting, offensive moves, defensive skills
Guards: shooting, ball handling, leadership skills, communication skills
Forwards: cutting, shooting, offensives moves

Camp Director: Carolyn Hunter (757) 766-7841(voicemail), 478-1381(cell) or chunter@cnu.edu

Elite Position Camp REGISTRATION FORM

Name _____ Age _____ T-shirt size (adult size) _____

Parent or Guardian's Name _____ E-Mail Address _____

Home Address _____ City _____ State _____ Zip _____

Home Phone () _____ Father's Work Phone () _____ Mother's Work Phone () _____

Person to Contact in case of emergency _____ Phone Number () _____

Full, Non-Refundable Payment. Fee is an all-inclusive one, which includes tuition, camp T-shirt. Due to our limited enrollment, the full camp fee is required with registration form. Your cancelled check is your guarantee of enrollment. There will be no other correspondence by the camp staff; but please feel free to contact us with questions. No checks will be accepted for payment after June 23rd for session I and after June 30th for session II only cash or money order will be accepted. MAKE CHECKS & MONEY ORDERS PAYABLE TO: LADY CAPTAINS BASKETBALL CAMP DETACH THIS FORM AND MAIL WITH CAMP FEE:

Carolyn Hunter
308 Vista Point Dr.
Hampton, VA 23666

EXPRESS ASSUMPTION OF RISK (Shared Responsibility for Camp Safety)

Parents/Guardians of Prospective Campers: Participation in sports camps requires an acceptance of risk of injury. Periodic analysis of injury patterns continuously lead to refinement in rules and regulations and other safety guidelines. However, to legislate safety via the rule book and equipment standards it is seldom effective in and of itself. There are various safety concerns to be aware of. Some are regularly identified and addressed (i.e. heat illness and the administration of liquids frequently during camp sessions). Other safety concerns remain as such due to the camp participant’s questionable compliance with specified guidelines (i.e. wearing all protective equipment issued, proper footwear, etc.). Some may be less clearly identified (i.e. head and neck injuries, knee injuries) and therefore, prevention and protection are difficult.

At the Lady Captain’s Basketball Camp, we are making every effort to increase the camper’s knowledge concerning rules and practices being employed to minimize risk of significant injury while pursuing the many benefits of camp activities. Moreover, as injury risks are identified, steps are taken to minimize the cause, where possible. We teach the latest in skill acquisition and technique as well as implement preventative injury measures such as warming up prior to vigorous activity, stretching and fluid replacement; realizing that all of these measures have the potential to lower risk of injury. Even with these efforts, a certain number of injuries will occur. The camper and sports camp supervisors have a mutual need for an informed awareness of the risks being accepted and for sharing the responsibility for controlling those risks.

RULES & REGULATIONS

Willful damage to school property or any other behavior deemed detrimental to the camp will result in immediate dismissal with NO REFUND OF CAMP FEE. Parent/Guardian: By signing below you agree to assume complete financial responsibility for any personal injury or property damage created as a result of an intentional or negligent act of your child or ward while she is participating at the Lady Captain’s Basketball Camp

CAMP INSURANCE

Lady Captain’s basketball camp insurance is an excess plan which is designed to cover only eligible expenses remaining after your other insurer(s) have made payment. If the camper is uninsured the camp insurance will cover all eligible expenses.

MEDICAL RELEASE

Since the students attending our camp are under the age of 18, it is necessary that doctors have the permission to administer treatment in the event of an accident or sudden illness.

Name _____ Date of Birth: _____

List of conditions Camp Director should be aware of: _____

Allergies: _____

I hereby consent to emergency medical treatment by the Lady Captains Basketball Camp, and appoint the camp director to act in my behalf in authorizing emergency medical attention beyond that maintained by the camp.

I, the undersigned, for ourselves, our heirs, executors and administrator, waive, release and forever discharge Christopher Newport University, The Commonwealth of Virginia and The Lady Captains Basketball Camp and its staff, officers, agents, employees, representatives, successors and assign from any and all liability claims, demands, actions, and causes of actions whatsoever arising out of or related to any loss, personal injury or property damage that may be sustained or occur during participation in Camp activities or while at Camp.

Parent’s Name _____

Doctor’s name _____ Telephone # _____

Insurance Co. _____ Policy # _____

Parent or Guardian Signature _____ Date: _____