

Owatonna



Huskies

2010

Skills Academy

Dates:

- July 12-15
- July 19-22
- July 26-29

Fundamentals are the building blocks that make up every great player in the game of basketball. Our camp will help you develop fundamental skills in shooting, ball handling, and passing. We will also help you develop your individual breakdown skills. This area will focus on each players ability to breakdown or beat his defender in order to create opportunities for both himself and his teammates. This will be done from both the perimeter and the post positions on the floor.

There are SO many different situations that coaches and players face. The only thing that works against ALL situations, no matter what age level or team are the FUNDAMENTALS!

Every camper will receive a camp t-shirt and fundamental skills evaluation form. Also campers will be given a fundamental skills chart they can continue to use after camp is over on their own.

We look forward to seeing you this summer and working on the fundamental skills necessary to becoming a great player.



Owatonna Huskies Skills Academy Camp

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against School District 761 and the Owatonna Boys Hoop Club or its representatives, successors, and assigns for any and all injuries suffered by me or my child while a participant or spectator at the activity indicated above.

Signature of Parent/Guardian

Date

Fundamental Skills

- Shooting—

Week1

Shooting Pads-Valve Stem

Anchor Hand-Cocked Position

V-Eye

Power Pocket

Swing, Lift Quick

Release Pocket

Heel-Ball-Ball

- Dribbling—

Week2

Two ball dribble routine

Marquette Dribbling routine

- Passing and Evaluation

Week3

Post entry

Outlet

Each week will include the previous weeks skills

as we build throughout the camp

Cost: \$65

Includes camp t-shirt and skill program

Times:

1pm-2pm 5th+6th

2pm-3pm 7th+8th

3pm-4pm 9th-12th

Students entering these grades

Place:

OHS

Coaches Info

Coach Williams:

Owatonna Head Coach 8th year

Career Record of 121-68

Section Champs 2010

Big 9 Champs in 2006 & 2007

Big 9 Coach of the year in 06' & 07'

Section Coach of the year in 07' & '10'



Coach Szwaja:

Former MSU Mankato basketball player 02-05

Assistant Men's coach at Bethany

Lutheran College 06-08

Coached 7th Owatonna Girls and Boys 2010

3rd Place State 7th boys

Section AAAA



Registration Deadline

June 15th, 2010

Camper's name _____

Address _____

Grade (2010-2011 school year) _____

Phone # _____

Camp T-shirt size

Check one (adult sizes):

Small X Large

Medium XX Large

Large

Cost \$65

Make check payable to:

Mr. Joseph Szwaja

Return this registration form to:

Joe Szwaja

663 Agency Rd

Mankato, MN 56001

Any questions call:

Joe Szwaja

Willow Creek Intermediate 444-8536

Cell 651-338-9280