



SFU Summer Sports Camps
 Stokes Athletics Center
 P.O. Box 600
 Loretto, PA 15940-0600



2017 WBB INDIVIDUAL REGISTRATION FORM (Please Print)

Name _____ Height: _____ Age: _____ (Summer 2017)

Home Address _____ City _____ State _____ Zip _____

Home Phone() _____ School _____ Parents Phone() _____ E-mail Address _____
 Grade (September 2017) _____ Roommate Preference _____

A check for \$100.00 should accompany this application. Balance due on arrival. Make check payable to Saint Francis University and send to:

SFU Summer Camps, Stokes Athletics Center, P.O. Box 600, Loretto, Pa. 15940-0600

Please Check One Box: ☐ June 19-22(Overnight) ☐ June 19-22 (Day) ☐ June 19-22 (Future Stars) ☐ Pre-Camp Option ☐ June 18 (Elite Camp)

I agree that all participants must have their own health insurance coverage. As a parent or guardian, I also agree that I or my insurance carrier will bear the financial responsibility for any medical treatments administered which might be over the insured level of the camp plan. The camp does not assume responsibility for illness or injuries sustained during camp. I affirm that my child had a physical examination within the last calendar year and is physically fit to participate in all camp activities. In the event of illness or injury requiring medical attention and I cannot be contacted at the phone number(s) listed, I hereby authorize the camp directors to act for me according to their best judgment. I release the camp of any responsibility for any illness or any injuries that may occur. The camp is not responsible for lost valuables or money. Now, therefore, in consideration for my son/daughter being allowed to participate in this activity, I agree for myself and my son/daughter to indemnify and hold the supervisor(s) and coordinator(s) of this activity, Saint Francis University, its Board of Trustees, agents, officers, and employees, and student volunteers harmless for any and all direct, indirect, special or consequential damages, or costs, legal and otherwise, which they may incur as a result of my son/daughter's participation in this activity(ies), even if due to the negligence of Saint Francis University or any person serving in the above-identified capacities even if the claim is brought by my son/daughter on their own behalf. I have read the above terms of this agreement/release, and I understand and voluntarily agree to the terms and conditions. This agreement/release shall be binding upon the heirs, executors, and assigns of the undersigned."

Signature of parent or guardian: _____

Date: _____

Medical Conditions: _____

Known Allergies: _____

Medications: _____

Health Insurance Co. _____

Name: _____

Policy #: _____

T-Shirt (Adult Size): S M L XL Youth Sizes: S M L

☐ Sibling Discount ☐ Early Registration Discount

☐ SFU Employee Discount

☐ Group/Team Discount

Team Name: _____

TRADITION OF EXCELLENCE

Saint Francis University women's basketball has established itself as one of the most dominant programs in Division I basketball. The Red Flash have appeared in 11 NCAA tournaments and 16 Northeast Conference Championships in the last 22 years (more than any other school except UConn in that span).

Students will receive instruction from the Saint Francis coaching staff and current and former Red Flash and other Division I players.



DeGol Arena in the Maurice Stokes Athletics Center

CAMP FACILITIES

The Saint Francis Red Flash individual camp will be held at the Maurice Stokes Athletics Center. The 3,500-seat DeGol Arena houses three courts, with two more available in the Stokes Auxiliary Gym.

Overnight campers will be lodged in one of SFU's six newly renovated dorms with 24 hour supervision, will swim in the Stokes Natatorium, and will enjoy outstanding all-you-can-eat meals in our Torvian Dining Hall.

Elite Camp-June 18th

For Eighth to 12th Graders

This camp will give serious basketball players a good understanding of the commitment required to play Division I college basketball. It provides workouts and competitions, and an introduction to our strength and conditioning program.

For more information contact Rachel Halaszynski at 814-471-1181 or rhalaszynski@francis.edu; cost for the camp is \$50

\$50

CAMP OPTIONS

For campers entering grades 1-10 in September 2016. We recognize that people have extremely busy schedules during the summer, and we will work with your other commitments to allow you to participate in camp.

Partial Day Rate	three hour instruction (No meals included)	\$20
One Day Rate	9 a.m.-5p.m. (Lunch included)	\$40
Day	Mon. - Thurs. (Drop-Off at 8:45 a.m. - Pick-Up at 4:45-5 p.m.)	\$150 with lunch
Overnight	Includes housing and meals Mon. - Thurs.	\$300
Pre-Camp	Note: for an additional fee, overnight campers can check-in Sunday night at 7:30 p.m. & participate in a 60 minute skill session	\$50

Discounts:

- ▶ Early Registration by May 1 (\$15 off per camper)
- ▶ SFU Employee/Sibling Discount (\$15 off per camper)
- ▶ Group/Team Discount (\$10 off per camper)

SAMPLE ITINERARY

- 8:15 a.m.** Rise and Shine
- 8:30 a.m.** Breakfast
- 9:00 a.m.** Morning Session
Stretching, Stations, Individual Instruction and Individual Competitions
- 12 p.m.** Lunch Break
- 1 p.m.** Afternoon Session
Interactive Lectures, 3-on-3 games, 5-on-5 games and Position breakdowns
- 5 p.m.** Dinner (Day Campers Depart)
- 6:30 p.m.** Evening Session
Individual or small group skill instruction, Individual Competitions and Games
- 9:30 p.m.** Back to dorms with counselors
- 11:00 p.m.** Lights Out

*Schedule is tentative and subject to change

Future Stars 1/2 Day Camp \$50

For rising First to Fourth Graders

The Future Stars Camp is geared towards elementary girls as a fun introduction to basketball. Campers will receive excellent instruction from our staff and players in the fundamentals, play fun games, and learn about the game of basketball.

June 19-22(8:45 a.m. - 11:45 a.m.-Noon pick-up)

Campers will receive a t-shirt, and camp basketball

CAMP FEATURES

The Individual Camp looks to develop and hone the skills of players in all aspects of the game. Campers will be grouped as teams and participate in competitions and exciting game situations where they can apply the skills they have learned. Every camper will receive individual attention in a number of fundamental game elements, including:

Shooting
1-on-1 moves
Ball Handling

Rebounding
Passing
Defense

- ▶ Competitions will be held in 1-on-1, 3-on-3, 5-on-5, hot shot, and free throws
- ▶ Position specific lectures and breakdowns will be conducted
- ▶ All campers will receive a camp t-shirt and basketball

HEAD COACH JOE HAIGH

Whether you are a beginner or someone with aspirations to play basketball at the college level, the Red Flash individual camp will give you the instruction and tools to grow as a basketball player.

Our goal is to make sure that you receive interactive individual instruction in a fun-filled environment. When you leave camp, you will have learned a variety of techniques that you can utilize to continue to improve beyond camp - and you will have made new friends along the way.

We look forward to seeing you in June!



J Haigh

MORE INFORMATION

If you have any questions or concerns regarding our camps, please feel free to contact:

Rachel Halaszynski, Director of Operations

814-471-1181

RHalaszynski@francis.edu