

2009 LADY COUGAR BASKETBALL CAMP

Name: _____
Age: _____ Grade: _____
Address: _____
City: _____
State: _____ Zip Code: _____
Home Phone: (_____) _____
Emergency Phone: (_____) _____
E-mail: _____
Shirt Size: (youth) S M L (adult) S M L XL

Please check desired session:

- Ages 5-7: 5:30-6:30 p.m. (Cost: \$30)
Ages 8-12: Morning Session-8:30 a.m.-noon
Ages 13-18: Afternoon Session-1:30-5 p.m.

Liability Release Form

I, the undersigned, hereby release Mount Vernon Nazarene University from all liability of injury arising from participation of or incident to the above-named child at the Lady Cougar Basketball Camp. I also authorize Mount Vernon Nazarene University personnel to seek and obtain medical aid for said youth if in their judgement such action is warranted, should the child sustain an injury while participating in a team-sponsored basketball activity. I further agree to subrogate them in any loss sustained by them personally out of my child's participation.

Signed: _____ Date: _____

Please register one person per form.

For more forms, copy this form, call (740) 397-9000, ext. 3105, or go online to cougars.mvnu.edu.

Cost: \$85 if registered before May 30, 2009
\$95 after May 30, 2009

Please enclose a check payable to Lady Cougar Basketball Camp.

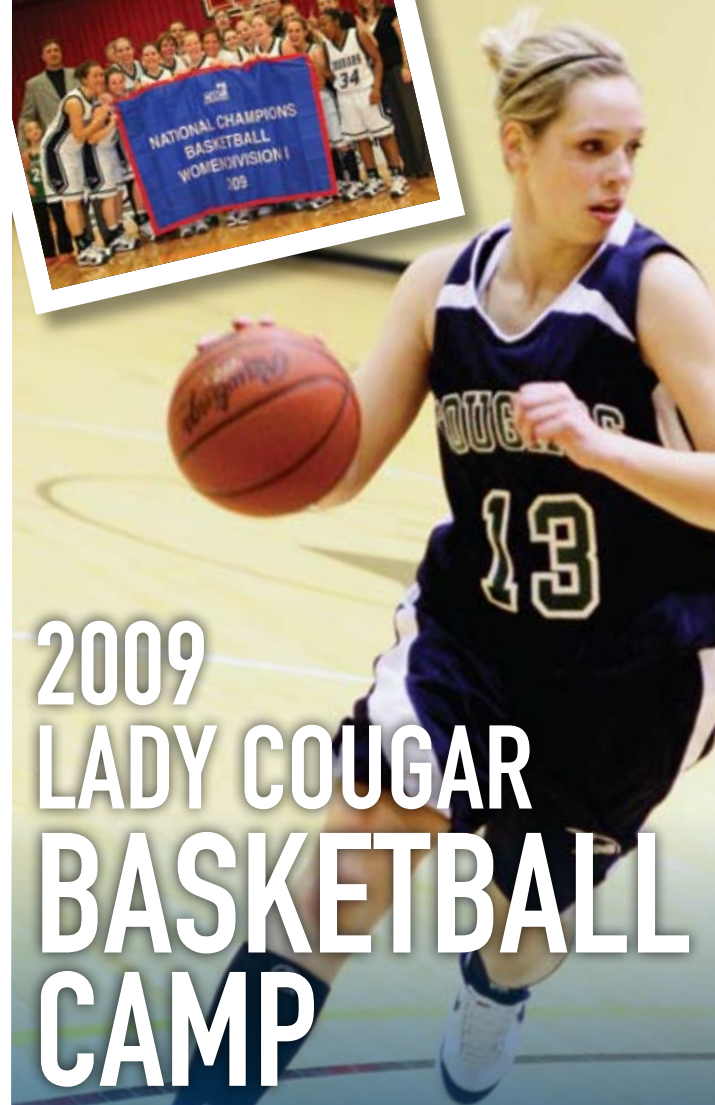
Mail registration and check to:

Lady Cougar Basketball Camp
Mount Vernon Nazarene University
800 Martinsburg Road
Mount Vernon, Ohio 43050



800 Martinsburg Road
Mount Vernon, Ohio 43050

ADDRESS SERVICE REQUESTED



2009 LADY COUGAR BASKETBALL CAMP

JUNE 15-18, 2009

2009 LADY COUGAR BASKETBALL CAMP



cougars.mvnu.edu

MISSION

To become a great basketball player, each athlete must learn the fundamentals of the game. Our basketball camp is designed to teach campers the offensive and defensive skills necessary to reach their fullest potential. We will develop the abilities of the more experienced players, as well as introduce the basic techniques to beginners. It is also the desire of the coaching staff to incorporate the Christian lifestyle into their coaching and in relationships with the campers. All of this will be done in an atmosphere of fun and excitement.

PROGRAM

Our camp is tailored to help each camper at her individual skill level. After evaluation, we divide participants by age and skill into groups appropriate for them. Through personal interaction, team drills, films, and competitive games, we aim to improve the skills of each young athlete and give her a greater appreciation for basketball.

Ages 5-7: 5:30-6:30 p.m.

Ages 8-12: 8:30 a.m.-noon

Ages 13-18: 1:30-5 p.m.

REGISTRATION

Fill out the application form on the back of this brochure and return it with a check payable to: Lady Cougar Basketball Camp. Cost is \$85 prior to May 30, and \$95 after that date. Final registration will be on Monday, June 15, at 8 a.m. for the morning session, 1 p.m. for the afternoon session, and 5 p.m. for the 5-7 age group. (Cost for the 5-7 group is \$30). Registration forms are available online at cougars.mvnu.edu or by calling (740) 397-9000, ext. 3105.

CAMP DIRECTOR

Mount Vernon Nazarene University Head Basketball Coach Steve Gregory will serve as the director of the tenth annual Lady Cougar Basketball Camp. Gregory recently completed his eleventh year at the helm of the Lady Cougar Basketball program.



During Gregory's tenure, MVNU has posted three 20-win seasons, two NCCAA East Region titles and two NCCAA National Championships (2001 and 2009). Gregory was also named the NCCAA East Region and National Coach of the Year in 2008-09 after guiding his team to its most successful season in school history at 27-9 and the program's third national championship overall in its 31-year history.

Gregory has served as an assistant coach for both the men's and women's hoop programs for seven years prior to his current position.

Gregory has served as a basketball camp counselor for over 18 years at various camps, both in-state and out-of-state. He has also served as the director of the Shepherd Church of the Nazarene Basketball Camp for over ten years and the Lady Cougar Basketball Camp for the past ten years.

Gregory is a former Mount Vernon High School and MVNU standout and is third on MVNU's career scoring list with 2,242 points.

FACILITIES

All sessions will take place in the Physical Education Center on the MVNU campus. The PEC houses two adjacent gyms for plenty of court space. Portable baskets will be available for the 5-7 group.

CAMP STAFF

- Kellie Jokela - Former Mentor H.S. star and current MVNU forward.
- Amanda Himes - Former Hilliard Darby standout and current MVNU center.
- Lauren Johnson - Former Miami Trace H.S. standout and current MVNU guard.
- Alexis Harkins - Former Northwest HS star and current MVNU forward.
- Additional high school coaches and college players.

ABOUT THE CAMP

DAILY ACTIVITIES

- Daily warm-ups
- Coach's clinic
- Individual contests for prizes
- Fundamental station drills
- League games

FEATURES

- Camp t-shirt
- Contest prizes
- Certificate of achievement
- Special guest speakers

DISCOUNTS

Family Discount (Two or more siblings from the same family):
\$20 discount for second child

MVNU Faculty/Staff Discount: \$30 discount per student

Team Discount (Five or more players from the same team):
\$20 discount for each player

