



## Lady Tigers Girls Basketball Camp Summer 2009

### Camp Objective

This skill-building camp will help you better play your position. Cowley coaches Todd Q. Clark and Katrina Colwell lead this camp. You will be given a chance to learn the position you will play for our team in the coming year. We will cover all of the physical skills and moves needed, coupled with a tough mental approach to the game. It is our goal that you will learn great things while with us, and that you learn how to improve your skills.

### Location

All Sessions will take place at Scott Gymnasium on the campus of Cowley County Community College.

### Time and Dates

We are offering two sessions of camp. The first session begins **June 1<sup>st</sup> thru June 3<sup>rd</sup>** from 9 am to 12 pm (noon). The second session begins **July 21<sup>st</sup> thru July 23<sup>rd</sup>** from 9 am to 12 pm.

### Cost

The cost of each camp is \$50 per session. This cost includes a camp tee shirt and our world famous popsicle breaks!

### Eligibility

Girls who are entering in to the first grade through High School age players. We will have different age groups work with their appropriate skill levels.

### Equipment Needed

Workout shorts and tops will be needed; bring your favorite basketball sneakers, and show up a few minutes early to lace up and warm up.



**Camp Staff: Todd Q. Clark & Katrina Colwell**

Our Coaches have 20 plus years of camp experience. Both of our coaches have worked all levels of basketball camps. Our coaches have both worked at NCAA division I programs and camps. Last season's Cowley team was 24-8 and put together a 12 game winning streak. The Lady Tigers will have 7 of 8 players of this year's team move on to play at the 4 year level. The Lady Tiger staff has had several All Conference players and has also had All Americans on their roster.

This is a staff that is interested in developing you into a complete player. During camp they will help you develop your offensive skills. We will especially focus our camp work on Ball Handling, Shooting, Passing, Offensive Moves and Offensive Footwork. This is a coaching staff that will help you be the best player you can.

Contact numbers: Cowley Women's Basketball Coach Clark 620-441-5226 Coach Colwell 620-441-5300