

# HEART OF A LION WORKOUT CAMP 08

## WORKOUT CAMP AT LHS AND SCHWEGLER

THIS CAMP HAS BECOME THE TEMPLATE FOR THE NATIONAL ASSOCIATION OF BASKETBALL COACHES NATIONAL CAMP. THERE WILL 50 TO 100 CAMPS CONDUCTED ACROSS THE COUNTRY THIS SUMMER. I BELIEVE IT IS THE BEST WAY TO IMPROVE AS A PLAYER. IF YOU CAN ONLY GO TO ONE CAMP THIS SUMMER - THIS IS THE ONE.

THE CAMP RUNS 5 WEEKS (THE LAST 3 WEEKS OF JUNE - OFF JULY 4TH WEEK - THEN 2 MORE WEEKS IN JULY). M W F FOR 90 MIN SESSIONS - THE FIRST DAY IS JUNE 9TH. TIMES ARE LISTED IN THE COLUMN ON THE RIGHT. THE CAMP HAS BEEN SET UP KNOWING THAT FAMILIES TAKE VACATIONS AND KIDS HAVE OTHER ACTIVITIES SO IT IS SET UP FOR CAMPERS TO BE ABLE TO MISS SESSIONS. THE FOCUS OF THIS CAMP IS ON REPETITION OF FUNDAMENTAL SKILLS IN A FUN AND STRUCTURED ENVIRONMENT. GOALS FOR EACH PLAYER ARE ESTABLISHED EARLY IN THE CAMP AND THEY ARE PUSHED TO BEAT THOSE GOALS. IT IS MY MOST POPULAR CAMP.

CAMPERS NAME \_\_\_\_\_ GRADE (going into) \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_ PARENTS EMAIL \_\_\_\_\_

ALT PHONE # \_\_\_\_\_ GENDER M F

PARENTS NAMES \_\_\_\_\_

CURRENT SCHOOL ENROLLED \_\_\_\_\_

SHIRT SIZE (ADULT) S M L XL XXL (YOUTH) S M L

I UNDERSTAND THAT ANY PARTICIPATION IN ATHLETICS INVOLVES RISK AND I CONFIRM THAT I HAVE MEDICAL COVERAGE FOR MY CHILD IN THE EVENT THAT SOMETHING SHOULD HAPPEN AT CAMP THAT WOULD REQUIRE MEDICAL ATTENTION.

PARENT OR GUARDIAN NAME: \_\_\_\_\_

SIGNATURE \_\_\_\_\_

PLEASE MAKE CHECKS OUT TO CHRIS DAVIS  
AND MAIL THE REGISTRATION FORM TO: CHRIS DAVIS (LHS BOYS BASKETBALL COACH)  
LAWRENCE HIGH SCHOOL  
1901 LOUISIANA  
LAWRENCE, KS 66044

IF YOUR SON OR DAUGHTER WILL BE ATTENDING THE **HIGH SCHOOL AGE CAMP**  
PLEASE USE REGISTRATION FORM FOR: COACH AARON SIEBENTHALL

**PLEASE CHECK  
YOUR SESSION**

**\$125**

**COED  
GRADES 2, 3, 4**  
WILL MEET FROM  
12:00 TO 1:30  
AT SCHWEGLER  
ELEMENTARY

**\$125**

**GIRLS  
GRADES  
5, 6, 7, 8, 9**  
WILL MEET FROM  
1:45 TO 3:15  
AT SCHWEGLER  
ELEMENTARY

**\$125**

**BOYS  
GRADES  
5, 6, 7, 8**  
WILL MEET AT  
1:45 TO 3:15 AT  
THE LAWRENCE  
HIGH MAIN  
GYM

# HEART OF A LION WORKOUT CAMP 08

## HIGH SCHOOL CO-ED WORKOUT CAMP

THIS CAMP HAS BECOME THE TEMPLATE FOR THE NATIONAL ASSOCIATION OF BASKETBALL COACHES NATIONAL CAMP. THERE WILL 50 TO 100 CAMPS CONDUCTED ACROSS THE COUNTRY THIS SUMMER. I BELIEVE IT IS THE BEST WAY TO IMPROVE AS A PLAYER. IT WILL BE THE ONLY CAMP THAT WE WILL HAVE THIS SUMMER FOR HIGH SCHOOL PLAYERS. IT FITS IN BEST WITH SCHEDULES, SUMMER TEAMS ETC.

THE CAMP RUNS 5 WEEKS (THE LAST 3 WEEKS OF JUNE - OFF JULY 4TH WEEK - THEN 2 MORE WEEKS IN JULY). THE CAMP HAS BEEN SET UP KNOWING THAT FAMILIES TAKE VACATIONS SO IT IS OK FOR CAMPERS TO MISS SESSIONS.

THE FOCUS OF THIS CAMP IS ON SKILL DEVELOPMENT INCLUDING MANY OF INDIVIDUAL MOVES KIDS ARE TAUGHT AT THE COLLEGE LEVEL. GOALS FOR EACH PLAYER ARE ESTABLISHED EARLY IN THE CAMP AND THEY ARE PUSHED TO BEAT THOSE GOALS. THE CAMP WILL BE RUN BY OTTOWA UNIVERSITY MENS ASSISTANT AARON SIEBENTHALL AND FORMER LHS AND BAKER UNIVERSITY STANDOUT TAYLOR PARKER.

CAMPERS NAME \_\_\_\_\_ GRADE (going into) \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_ PARENTS EMAIL \_\_\_\_\_

ALT PHONE # \_\_\_\_\_ GENDER M F

PARENTS NAMES \_\_\_\_\_

CURRENT SCHOOL ENROLLED \_\_\_\_\_

SHIRT SIZE (ADULT) S M L XL XXL

I UNDERSTAND THAT ANY PARTICIPATION IN ATHLETICS INVOLVES RISK AND I CONFIRM THAT I HAVE MEDICAL COVERAGE FOR MY CHILD IN THE EVENT THAT SOMETHING SHOULD HAPPEN AT CAMP THAT WOULD REQUIRE MEDICAL ATTENTION.

PARENT OR GUARDIAN NAME: \_\_\_\_\_

SIGNATURE \_\_\_\_\_

PLEASE MAKE CHECKS OUT TO AARON SIEBENTHALL  
AND MAIL THE REGISTRATION FORM TO: AARON SIEBENTHALL

CO: BOYS BASKETBALL  
LAWRENCE HIGH SCHOOL  
1901 LOUISIANA LAWRENCE, KS 66044

\$125

**HIGH SCHOOL  
CO-ED  
WILL MEET AT  
12:00 AT  
THE LHS GYM  
WORKOUT WILL  
BE FOR  
90 MINS**