CAMP PROGRAM

Individual Shooting Instruction
- Lay-up, left and right hand
- Jumping one-hand shot technique for both field goal and free throw
- Jump shot
- Three-point shot (leg strength permitting)

Group Instruction
- Basic Fundamentals
- Individual offense fundamentals
- Individual defense fundamentals
- One-on-one basketball
- 2-on-2 games (controlled)
- No 5-on-5 games will be played.

Please note:
This camp is for boys and girls who want to learn the basic skills necessary to shoot the basketball. All shooting instruction and training in individual offense will be in half-court situations.

For more information, call
Dr. Robert Metcalf 309-452-2660

2003 Expert Basketball Shooting Camp

For Boys & Girls
Entering 7th, 8th or 9th Grade

June 30 and July 1, 2, 3, 2003
U High Gymnasium

Dr. Robert L Metcalf, Camp Director
CAMP ELIGIBILITY
Campers must be entering the 7th - 9th grade. Each camper must be serious about wanting to learn a different method of shooting the basketball.

CAMP DATES & TIME
The camp will run from Monday, June 30 through Thursday, July 3. Two followup sessions will be scheduled in groups of 6 campers and more follow-ups may be scheduled if needed.

BOYS SESSION - MORNING
9:00 - 11:30 AM.
GIRLS SESSION - AFTERNOON
1:30 - 4:00 PM

CAMP REGISTRATION
Applications will be accepted in the order received. Each camper must submit a completed and signed registration form. Incomplete forms will not be accepted. Each session is limited to 18 campers.

CAMP FEE
The fee for each camper is $55 for four regular sessions plus two followup sessions. No refunds for missed sessions. Payment must accompany registration.

EQUIPMENT
Each camper is responsible for providing proper basketball clothing. Basketballs will be provided.

Dressing room facilities, showers and lockers will be provided. Campers must furnish their own locks. The Camp takes no responsibility for lost, damaged or stolen personal belongings.

CAMP STAFF
Dr. Robert Metcalf, Camp Director
Dr. Metcalf has coached basketball for over 51 years. His players have ranged from elementary school students to professional international athletes. His doctoral research resulted in new understanding of how players learn to shoot the basketball. He was Basketball Coach at U High from 1961 - 1980.

Sara Kinney
For 27 years Mrs. Kinney has coached Jr. High girls basketball. She has used this style of shooting throughout her career.